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APPLE RECIPES

GROWING SUNFLOWERS

PUMPKIN DECOR



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ULTIMATE
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VINTAGE
FINDS

p. 22

FALL 2017
LivingTheCountryLife.com



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DEPARTMENTS







Seasonal Decor Dress your porch for autumn with a mix of flea market finds,



pumpkins, and garden accents.



Tools Our favorite half-ton pickup trucks promise both convenience and comfort.

Country Finds Discover new products, books, and travel tips to help you enjoy life in the country to its fullest.

5 Editor's Note

6 Happenings

8 Q&A

Collecting: Vintage Treasures

26 Fall Baking: Quick Breads

30 Landscaping: Plant a Backyard Orchard

38 Entrepreneurs: Olive Farm

95 Resources

96 Inspirations



On Our Cover Cover photograph by **Jennifer Causey**



Livestock Preparing your chicken house for winter can make life easier for you and your flock.

Fall 2017

FEATURES



Beekeeping Basics
Our comprehensive guide offers step-by-step instructions for setting up your first beehive.



Planting Their Roots
A new home blends rustic materials, vintage finds, and a modern-day floor plan.





Block by BlockAuthor Suzi Parron tells us about her travels to view barn quilts in the United States and Canada.



Sunshine on a Stem
Cheerful sunflowers brighten
any garden. We share growing
tips and must-plant cultivars.



An Apple a Day
These apple recipes will remind you why a trip to the apple orchard is an essential part of fall.

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Country Life | EDITOR'S NOTE



Early fall always finds us busy with the last hurrah of gardening **season.** The tomatoes are laden with their final burst of fruit and the butternut

squash are ready to be harvested for baking or making into soup. We have three horseradish plants on our farm (two more than we need), so I'll be busy making homemade horseradish sauce after the first frost. Our old apple tree on the bank of the pond bears fruit every other year. We use a fruit picker pole to snag the highest apples and those hanging over the pond. Then, of course, it's time to make applesauce and apple crisp.

Whether you're harvesting apples from your own acreage or heading off to a nearby apple orchard this fall, we share some creative recipes for using apples and apple cider (see page 84). The tempting aroma of cider doughnuts and roasted fall vegetables can fill your kitchen before you know it.

And if you've been dreaming about creating your own fruit orchard but haven't quite gotten around to it, be sure to check out "Plant Your Own Backyard Orchard" on page 30. We offer advice on choosing and planting fruit trees—whether you want to stick with classics, such as apples, pears, and cherries, or branch out with less-common choices, such as pawpaws or persimmons.

As you're busy crossing fall chores off your to-do list, we hope you'll take a few minutes to sit back and enjoy this issue of Living the Country Life magazine. Just like you, we're savoring the final tastes of summer—even as we eagerly look ahead to planting season next year.

> —Betsy Freese Editor, Living the Country Life®

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Helpful Tips for Fall

Find out more about seasonal topics on our website and radio show.

Radio **Highlights**Tune in to the *Living the*

Country Life radio show this fall to hear about these topics (and more):

Building a Wren House Choosing a Cover Crop Root Cellars Harvesting Walnuts Direct Marketing Beef Fencing for Goats Fall Beehive Care Making Apple Cider Saving Perennial Seeds Building a Brush Pile for Wildlife Controlling Gypsy Moths

To find a radio station that broadcasts the show, visit LivingtheCountryLife.com/ RadioShow

Enjoy These Stories at LivingtheCountryLife.com

In the past year, we've had 1.4 million visitors to our website. Thanks for visiting us online! Be sure to check us out if you haven't already. You'll find lots of tips, ideas, and inspiration.

Our Favorite Pumpkin Recipes

It just wouldn't feel like fall without pumpkins! Go to LivingtheCountryLife.com/Pumpkin to find tempting recipes for pumpkin pies, cupcakes, soup, and more.

Harvest Party Ideas

As summer turns into fall, why not invite friends over to celebrate the end of harvest season? Visit LivingtheCountryLife.com/AutumnParty to find ideas for decorating your party area and setting your outdoor table in style.

Tomato Cage Makeovers

After tomato season is finished, transform your tomato cages into unique decorations for your landscape. Visit LivingtheCountryLife.com/TomatoCages to see clever ways to decorate these garden staples.



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Behind the Scenes Magazine

Our photo shoots are a team effort. We photographed some of the food for "Change of Pace," page 42, in our sister publication Better Homes & Gardens® Test Kitchen, left, in Des Moines. Photographer Carson Downing climbed on a ladder to get the best shots, while food stylist Joshua Hake put the finishing touches on our featured fresh-from-thegarden dishes.

From Our Readers



I am a beginning hobby photographer living on my husband's family's 19thcentury homestead in the Upper Peninsula of Michigan. This photo shows our Jersey steer (from our milk-producing cow) early this past winter when it was just beginning to snow. Thanks so much!

-Melissa Naasko, Toivola, Michigan



We thoroughly enjoy your magazine! We raise guineas on our farm. They are wonderful for the garden. They eat ticks, bean beetles, potato beetles, squash beetles, and more. I'm sending a photo of a passionflower from our garden. It is Tennessee's state wildflower.

-Catherine Wolfe, Talbott, Tennessee

We would love to hear how you live the country life! E-mail us at: staff@livingthecountrylife.com

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O&A

Need help with an issue related to life in the country? We've got answers. Written by Megan Hughes



What fall maintenance is needed for my small farm equipment—a tractor and implements?

A few hours of maintenance now will go a long way toward getting you into the field or garden early next spring. Annual end-of-season maintenance also has the potential to add decades to the life of your equipment. We talked with Rich Taber, a grazing, forestry, and ag economic development specialist with Cornell Cooperative Extension, about end-of-season best practices. He shared six fall maintenance tasks he recommends doing now.

- Begin by changing the engine oil and oil filter on tractors and small machines. Do this timeconsuming task now and you can hit the ground running in spring.
- Change the fuel filter on small machines.
- If you live in a cold climate, get the correct grade of fuel for winter use.
- Check batteries for strength and replace them if needed.

- Wash and clean all machinery with a high-pressure hose. Be sure to wash underneath mower decks, removing clumps of grass, which can corrode surfaces over time.
- Put equipment under cover.

For detailed information about caring for a specific piece of equipment, consult the owner's manual. Can't find the manual? Most manuals can be found online with a simple Google search.

l'd like to plant a cover crop in my vegetable garden this fall. How do I get started?

Cover crops are nutrient-rich winter blankets for soil. They hold soil in place, preventing erosion during winter, and then in early spring many cover crops can be incorporated into the soil, where plants decompose and add valuable nutrients to your plot. Renee Shepherd, owner of seed-supply company Renee's Garden and a longtime organic gardener, plants cover crops annually. "Cover crops have made a very measurable difference in the fertility and tilth of soil here in our trial garden," Shepherd says.

Shepherd plants her cover crops after she finishes cleaning up the remains of the summer garden. "In mild winter areas that usually means around October; in cold winter areas, plant around the time of the first light frost," she says. Cover crops are usually direct-seeded into the soil and there are many excellent species, such as annual rye, wheat, fava beans, barley, and oats. Talk with local extension specialists to learn about specific species for your region.



"My favorite all-purpose cover crop is definitely mustard (*Brassica juncea*) because it grows very quickly, cuts easily, attracts pollinators if you let it flower, adds significant biomass, and helps with disease control after you work it in," Shepherd says. In early spring, as soon as the soil can be worked, Shepherd tills or digs the mustard plants into the soil. The plants quickly decompose and the soil is ready for planting in a few weeks.

What are the best ways to provide fresh, drinkable water for my farm animals when the air temperature dips below freezing?

Planning now for winter watering chores is essential. "Thinking through how you plan to manage your watering systems for all types of animals becomes crucial as the temperature drops," says Christa Hartsook, small farms program coordinator with Iowa State University Extension. "No one enjoys thawing a waterer in winter, and subzero temperatures make the job even more unpleasant," she says.

For chickens and small animals, Hartsook recommends using a heated water unit that can be plugged into a nearby outlet or a waterer that rests on a heated base. (For more winter chicken coop tips, turn to "Chicken House Warm-Up," page 20).

Provide water for a horse, cow, or small herd of goats or sheep with heated water buckets, Hartsook says. For multiple horses, cows, and large herds of goats and sheep, she recommends a submersible heater that can be placed directly into a stock tank, so large quantities of water can be heated daily. (Look for watering tools at farm supply stores.) Keep in mind that animals often will not drink if their water is dirty. Plan to refresh water in buckets or tanks regularly.

For Resources, see page 95.



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Gear. Gadgets. Tips. Ideas.

Written by Megan Boettcher

Gather family and friends to enjoy fall's rich bounty.





Stick with simple jute or cotton table runners, right, to create a neutral backdrop that lets fresh flowers and produce shine. From top to bottom: Better Homes & Gardens Trunks Runner (\$14.42; Walmart; walmart.com); Sedum Table Runner (\$145; Sweetgum Textiles; sweetgumtextiles.com); Maralena Stripe Table Runner (\$26.64; Joss & Main; jossandmain. com); Better Homes & Gardens Table Runner in natural (\$13.96; Walmart; walmart.com)

REDEFINE RUSTIC

The copper flatware set with wood handles (\$40), right, adds elegance to any farmhouse fete. A Cottage in the City; acottageinthecity.com



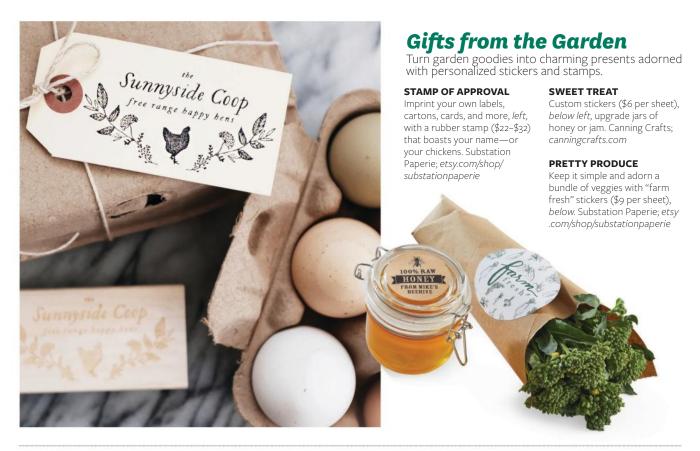
TIERED DISPLAY

Made to look like industrial light shades repurposed as bowls, the Grange 3-Tier Tray by Creative Co-Op (\$97.99), above, will charm guests. Wayfair, wayfair.com



SET THE TONE

Create an authentic country look with weathered wood or metal serving platters, above. Reclaimed Wood Square Tray (\$40; A Cottage in the City; acottageinthecity .com), DecMode Metal Tray (\$67.04 for set of 3; Hayneedle; hayneedle.com)







Easy Fall Centerpiece

Bring the beauty of autumn to your table with this nature-inspired display.

CARVE THE BASE

Select small winter squashes to serve as candleholders. Cut off the top third of each gourd, remove seeds, and trim the flesh to fit around a candle. Be sure the candle sits at least 1-2 inches into the gourd for stability.

ACCESSORIZE

Wrap raffia around each candle and tie into a bow. Fill a tray or large bowl with hedge apples. Place candleholders on top. Complete with colorful fall leaves and other small gourds.

Farm to Table Check out these restaurants dedicated to growing (and raising) their own food.

CUNNINGHAM'S

Just outside Baltimore, Cunningham Farms grows most of the produce and meats cooked in the restaurant's woodfired grill and oven. cunninghamstowson.com

PRIMO

Honey, microgreens, edible flowers, fresh chicken, and house-cured meats from the on-site farm find their way onto the menu at this Rockland, Maine, restaurant. primorestaurant.com

HARVEST

Restaurant employees in McKinney, Texas, also work the land at Water Boy Farms, which supplies Harvest with organic vegetables and cage-free chickens. harvesttx.com

THE FARMHOUSE

Dine in a 133-year-old building at The Farmhouse at Jessup Farm in Fort Collins, Colorado. Then say hello to the chickens in the backyard before you leave. farmhousefc.com

BLACKBERRY FARM

Blending the rustic and the refined, meals at this farm in Walland, Tennessee, are elegant affairs. The intimate hotel makes this an inviting getaway destination. blackberryfarm.com

Country Finds | GEAR. GADGETS. TIPS. IDEAS.



Pretty Potting Sheds

Storage sheds can be practical and pretty, too. Plan now for your own cottage-style retreat.

RUII D IT

Get the plans for this English Cottage Potting Shed (\$24,95), above, and frame it as the centerpiece of your garden. Family Home Plans; familyhomeplans.com

READ IT

Find inspiration for updating a new or existing shed with the smart storage features and colorful designs from *She Sheds: A Room of Your Own* by Erika Kotite (\$17; Cool Springs Press; 2017).





Light the Way

Check on livestock after dark with Ryobi's new 18-Volt One+ Dual Power LED Spotlight (\$50; battery and charger, \$59). A lock-on switch means you don't have to hold the trigger to operate. The Home Depot; homedepot.com



Give a Hoot

Extend bird-watching season with this delightful Spiky Owl Bird Feeder (\$40). Uncommon Goods; uncommongoods.com

Where Fun Takes Flight These bird-watching destinations are worth the road trip.

CALIFORNIA

Godwits and other shorebirds move through Point Reyes National Seashore, north of San Francisco, each fall on their way to wintering grounds.

VIRGINIA

For a patriotic experience, visit George Washington Birthplace National Monument near Colonial Beach in late September or October to view bald eagles.

WASHINGTON

The Mount Fremont Lookout Trail and the Sunrise area at Mount Rainier National Park offer places to watch fast-flying falcons hunt for prey.

GEORGIA

More than 30 species of warblers gather in September at the Kennesaw Mountain National Battlefield Park outside Atlanta.

MINNESOTA/ WISCONSIN

Once overhunted, the trumpeter swan is plentiful along the Saint Croix National Scenic Riverway on these states' shared border.





Plant Now, Swoon Later

Ensure plenty of vibrant color in the landscape when you plant a variety of bulbs this fall.

CARIBBEAN PARROT

With feathery yellow-andred petals, Caribbean Parrot tulip, above left, is beautiful in the spring flowerbed and in a vase. \$19.50 for 12 bulbs; White Flower Farm; whiteflowerfarm.com

CROCUS SATIVUS

Keep color blooming all fall and harvest saffron for cooking with this allpurpose bulb. Plant in early fall in Zones 6-9 and you'll see flowers, above middle, in 5-8 weeks. \$20.50 for 25 bulbs; White Flower Farm; whiteflowerfarm.com

SUNSHINE BOYS DAFFODIL BLEND

Brighten the yard in early spring with this mix of two open-face daffodils, above right, in shades of white, orange, and yellow. \$24 for 25 bulbs; Colorblends; colorblends.com

BIG DIGGER

Simplify bulb planting with an auger (\$24-\$31) that easily attaches to your drill. Power Planter; powerplanter.com



Handy Helpérs

GARDEN APRON

Fill the pouch of the Roo Apron (\$33), left, while you harvest produce and keep your hands free. The openbottom design allows you to unlatch the strings and drop your apron contents into a basin. Roo Apron; rooapron.com

YARD RAKE

Designed for professionals, the Groundskeeper II Full Size Rake (\$49), right, is a versatile tool for collecting leaves, moving mulch, and dethatching without needing to apply backbreaking pressure. Amazon; amazon.com



Raising Rabbits

A floppy-eared, cotton-tailed pet can be a wonderful addition to the family.

Written by **Jodi Helmer**



Mention the perfect family pet and a rabbit might not be the first animal that comes to mind. But these big-eared, bushy-tailed

balls of fur can make wonderful companions. "Bunnies can be very endearing and engaging pets," says Jason Dickman, rabbit manager at Best Friends Animal Society, a no-kill animal shelter in Kanab, Utah. They're smart and playful, and they can even be trained to do tricks and use a litter box. However, Dickman warns that bunnies can also be little tricksters who sometimes show their naughty sides.

Each rabbit has its own distinct personality, which can range from friendly and affectionate to aloof and sometimes grumpy. Here's what you need to know before bringing a rabbit home.

FINDING A RABBIT

Rabbits can be adopted through shelters and rescue groups or purchased through breeders. Like dogs, rabbits come in a range of breeds, colors, and sizes; their ears might stick straight up or flop over, and their fur can be short and sleek or long and woolly. Popular pet breeds include the Mini Rex, Holland Lop, and

Netherland Dwarf. Keep in mind that long-haired breeds such as Angora rabbits and American Fuzzy Lop rabbits need daily grooming.

Look for animals with bright eyes, dry noses, clean ears, and soft, plush fur. Nasal discharge, crusty ears, and bare spots or missing fur are red flags that a rabbit

Rabbits tend to prefer quiet, calm environments. A noisy, active home may overwhelm these prey animals and cause them to feel fearful. If you have children in the house, make sure they know how to properly pick up and handle their pets. (You want to place one hand under a rabbit's body behind the front legs and the other hand near the hind end, then lift and hold the rabbit securely next to your body.)

Before purchasing a rabbit, make sure a nearby vet can help care for your rabbit if needed. "Rabbits are considered exotic animals, so not every veterinarian knows about or is willing to see rabbits," Dickman says. Your rabbit won't need vaccinations, but it will need regular nail trimmings, groomings, and a go-to vet in case of illness or emergencies.

Rabbits usually live up to 10 years—though Dickman has seen some rabbits live much longer—so making one a pet should be considered a long-term commitment.

CARING FOR YOUR RABBIT

To keep your pet healthy, a nutritious diet and regular exercise are essential. Offer commercial pellet feed and hay along with limited quantities of whole oats, black oil sunflower seeds, vegetables, and fruit as occasional treats. Help your rabbit work off those calories by providing a safe space to hop around in the house or an outdoor exercise pen.

Provide your rabbit with its own home, such as a hutch, cage, or rabbit-proofed room. Its house should



include a comfortable place to sleep (a small dog bed or sheepskin rug is ideal), a litter box, food, and water. The House Rabbit Society recommends the enclosure be at least four times the size of your rabbit when it's stretched out.

When you do let your rabbit out of its hutch, be aware that rabbits love to chew anything and everything. "Their teeth grow like fingernails," Dickman says. To keep their teeth filed down, offer your rabbit apple branches, pinecones, and even cardboard.

OPPOSITE: The amount of pellets you feed your rabbit will depend upon its weight, age, and health. ABOVE: Regular playtime will help keep your rabbit happy. Watch your rabbit closely if you take it outside, and keep it in a predator-proof area.

Regular supervised playtime keeps rabbits from getting bored and decreases problems with chewing. Spending time with your rabbits also helps you build a stronger bond with them. "The more time you put into your bunny, the more you will get out of your bunny," Dickman says.

For Resources, see page 95.

Housing Rabbits Outdoors

Housing is a major consideration when you buy a rabbit. If you plan to keep it outdoors, check out these tips from Karen Patry, author of The Rabbit Raising Problem Solver:

WATCH THE TEMPERATURE

In the hot days of summer, shade is essential. When temperatures soar above 80°F, bring rabbits inside to nap in dog crates during the heat of the day. In the winter, stuff the hutch with straw so rabbits can create a burrow for additional warmth.

PROTECT AGAINST PREDATORS

Rabbits are prey animals, so be sure to provide secure, predator-proof housing. Use small-gauge wire, like hardware cloth, to secure the enclosure, and bury the wire underground to prevent predators from digging their way in. Secure the hutch with latches or locks. An electric fence around the hutch is also a good idea.

CLEAN THE HUTCH REGULARLY

It's important to remove bedding covered in feces and urine. If ammonia builds up in enclosed housing, your rabbit could get sick. You must also

provide fresh water and ample food for your rabbit.

VISIT OFTEN

In the wild, rabbits live in colonies and thrive on companionship. Spend time with your outdoor rabbit, taking it out of its hutch to pet and interact with it. "It will increase the bond," Patry says.





for vertical interest near your front door. Screw jacks once used to elevate machinery—provide the perfect lift for favorite pumpkins.

Autumn Bounty An ideal landing place for a rich harvest of gourds, the

window box, above, received a refresh after the summer growing season. Frost-friendly violas, in spooky shades of deep purple and cheerful sunset orange, grow alongside a vintage colander filled with easy-to-grow hens-and-chicks. Striped gourds round out the display.

Tools of the Trade Vintage rakes take center stage in the shock of field corn,

right. Tied together with an orange burlap ribbon, the rakes and cornstalks make a bold decorating statement. Look for old rakes at flea markets—the more colorful, the better!





For the Birds

A fluted oil pan and a wood pulley unite to create this simple bird feeder, above. Use a drill with a 1/8-inch bit to make several holes in the feeder bottom for drainage and in the pan sides to fasten rope hangers. Stock the feeder with high-quality birdseed (with a large percentage of black oil sunflower seeds) and cut-up apples to attract a variety of birds.

For Resources, see page 95.



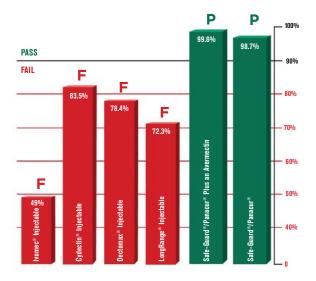
Find more ideas

Looking for more ways to decorate vour house and yard for autumn? Check out Fall Decorating, on sale at newsstands September 12.

IS YOUR DEWORMER PASSING THE TEST?

90% Required to Pass⁴





The FDA has identified growing levels of internal parasites resistant to the Macrocyclic lactones (Avermectin) class of dewormers.¹

Results from the Merck Animal Health Fecal Egg Count Reduction Test National database² shows several cases of internal parasite resistance and supports concurrent treatment protocol to manage resistant parasites.

The majority opinion among parasitologists attending the FDA public forum on managing resistant parasites was that concurrent treatment of two different classes of anthelmintics is the best way to manage these resistant parasites.

Merck's database supports 2008 USDA National Animal Health Monitoring Study (NAHMS) showing confirmed or suspected resistance in several U.S. states to Macrocyclic lactone (Avermectin) class of dewormers.³

ADD SAFE-GUARD. ADD POUNDS.

Consult your local veterinarian for assistance in the diagnosis, treatment and control of parasitism

IMPORTANT SAFETY INFORMATION

Safe-Guard EN-PRO-AL Molasses Block

RESIDUE WARNING: Cattle must not be slaughtered within 11 days following last treatment. A withdrawal period has not been established for this

Safe-Guard Protein Block

RESIDUE WARNING: Cattle must not be slaughtered within 16 days following last treatment. A withdrawal period has not been established for this product in preruminating calves. Do not use in calves to be processed for veal.

Safe-Guard Mineral, feed through products and liquid feed

RESIDUE WARNING: Cattle must not be slaughtered within 13 days following last treatment. For dairy cattle, the milk discard time is zero hours. A wal period has not been established for this product in preruminating calves. Do not use in calves to be processed for veal

Guard Drench and Paste
DUE WARNING: Cattle must not be slaughtered within 8 days following last treatment. For dairy cattle, the milk discard time is zero hours. A withdrawal period has not been established for this product in preruminating calves. Do not use in calves to be processed for year

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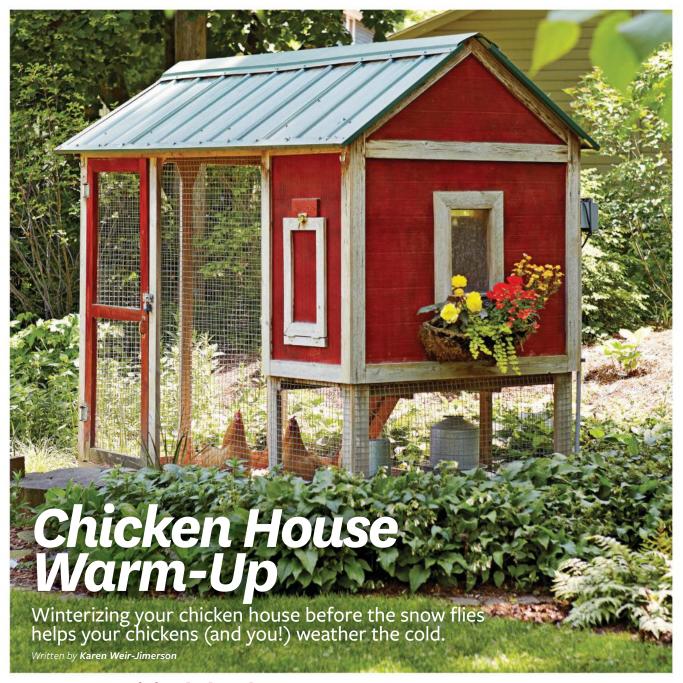
1 FDA Public Resistance Forum-March 2012 2 Tests from 1/1/2008 - 4/12/2016

3 NAHMS 2008

4 Dobson R., Jackson F., Levecke B., Besier B., et al. Guidelines for fecal egg count reduction tests (FECRT). World Association for the Advancement of Veterinary Parasitology (WAAVP) (2011) Proceedings: 23rd International Conference of the World Association for the Advancement of Veterinary

2 Giralda Farms – Madisan, NJ 07940 – merck-animal-health-usa.com – 800.521.5767 Copyright © 2016 Intervet, Inc. d/b/a Merck Animal health, a subsidiary of Merck & Co., Inc. All rights reserved. 5/16 BV-SG-55108





Surprisingly hardy, chickens can happily weather winter in their chicken house. Don't be surprised to find

them strutting about in their runs on a sunny winter day, leaving big three-toed footprints in the snow. Most chicken-raising sources say it's best to keep chicken houses unheated so chickens acclimate to colder temperatures gradually. But there are a few things you can do to make their winter months safer and more comfortable. (BTW, this also helps make winter chores easier for you.) Here are a few things to consider before temps take a dive.

KEEP WATER FROM FREEZING.

It's inevitable: When temperatures drop below 32°F, your chickens' water will freeze. If your chicken house has electricity, set the waterer on a heated base (available online or from your local farm store). Or use a heated dog water bowl; its low profile makes it ideal for thirsty chickens. If your chicken house doesn't have electricity, replace your metal waterer with a black rubber watering pan (the waterer will freeze solid in below-freezing temperatures). Empty the pan at night (when the temperatures drop and chickens don't leave their roosts) and replace with fresh water in the morning from a nearby water hydrant.

FEED SMART.

A large-capacity hopper feeder, hung from the ceiling of your chicken house, is your best asset in cold weather. Fill the feeder to the top; depending on the number in your flock, you may need to do this just once a week. Chickens need high-quality feed to help them stay warm. Supplement grain feeds with greens for a treat.

MOVE FEED INSIDE.

Place a feed storage container inside the chicken house to make hopper refills easier. Use a metal garbage can large enough to hold several bags of feed; persistent rodents won't be able to chew through it.

ADD BEDDING.

Cold weather makes cleaning up droppings more challenging, so keep nest boxes filled with clean, dry bedding, such as pine shavings, straw, or shredded newspaper. Add several inches of bedding to the floor to provide a dry surface underfoot. Change nest box bedding often: Clean boxes produce clean eggs.

CHECK ROOSTS.

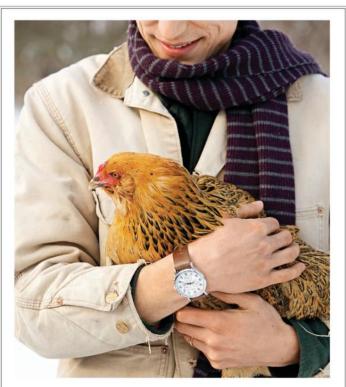
Chickens crowd together on roosts at night. This keeps them off the ground and allows them to share body warmth. Make sure roosts are solidly built and are strong enough to hold your coop's population.

ELIMINATE DRAFTS.

While chickens love fresh air, they don't like drafts, so make sure the glass in the coop's windows isn't cracked or broken and that doors and windows seal tightly. You do, however, want adequate air circulation to help eliminate humidity, which can result in comb or wattle frostbite as well as foster an environment for disease. Airflow also blows away odors that build up; if your coop has a strong ammonia smell you need to improve ventilation. If your chicken house doesn't have a built-in venting system, consider adding one. Or, at the very least, prop open a window during the day.

SEAL HOLES, CRACKS, AND DOORS.

A warm, food-filled chicken house looks like a fancy hotel to mice and rats. And predators such as raccoons and weasels are in search of easy meals. So make entry to the chicken house impossible for pests. Seal holes.



How Chickens Stay Warm Naturally

Did you know birds stay warm by fluffing their feathers? Their body heat warms the air between the feathers, making them warmer. Additionally, a chicken's body temperature ranges between 105°F and 107°F, which makes the bird more adaptable to cold temperatures than hot ones.

While most chickens weather winter with little problem, some breeds are more hardy than others. Most of these breeds have small combs and wattles. Hardy breeds include: Ameraucana, Black Australorp, Black Jersey Giant, Buff Orpington, Chantecler, Delaware, Dominique, New Hampshire, Plymouth Rock, Rhode Island Red, Welsummer, and Wyandotte.

Mice can wiggle through holes the size of a dime. If you can get beneath your chicken house, do so at night; work with a partner with a flashlight to expose small entryways that might be hard to see during the day. Staple fine wire mesh over holes or nail a tin can top over each hole. Make sure doors close completely.

ADD HEAT IN SEVERE WEATHER.

If there's a stretch of particularly severe cold (below o°F for several days in a row), consider adding a heating unit for the cold's duration. Low-watt heaters for coops are available online or from farm stores. Stay away from infrared bulbs, which get very hot and pose a fire risk.

Winter Chicken Chores

Keeping chickens happy and healthy involves some ongoing chores during winter months.

GIVE A CLEAN SWEEP.

Regularly choose a warm sunny winter day to do a bit of housekeeping in the chicken house. Sweep out spilled feed and old bedding waste to keep the floor as clean as possible. Then replace with fresh bedding.

LET CHICKENS ROAM.

On sunny winter days, let your chickens outside for air and exercise. Make sure the coop door has clear access in and out. Remove snow from around the door. If the snow is deep, shovel an area to allow for easier movement.

COLLECT EGGS EVERY DAY.

Hens lay less in winter, especially while they are molting (losing old feathers and replacing with new). Collect any eggs before they freeze and crack. Check nest boxes first thing each morning and then again in the afternoon.

WATCH COMBS AND WATTLES.

These red fleshy body parts can suffer frostbite, especially if they get wet. Apply petroleum jelly to wattles and combs in below-freezing temperatures to protect them from the cold.



Some collectors are all about the find. Others simply relish the hunt. All of their hearts

beat faster as they head toward a dusty antiques market, knowing they'll spend time meeting interesting people and maybe finding a treasure or two.

"That's us," Susan Lawrence says. She is unequivocal about the passion she and her husband have for antiquing, which they've pursued for much of their 37-year marriage. "We don't always find something, but we still look," she says.

Thanks to weekends spent at area antiques shows, flea markets, and auctions, the Lawrences have nearly filled the riverside home they built on an old farm in Maine. After architect John Priestley drew up the plans and construction started, so did the couple's forays. "We stored things in the original farmhouse and barn on the property," Susan says. Her designer, and childhood friend, Jill Gordon, came to the building site a few times to help pick paint colors and basic





furnishings like sofas and lamps. "Once we got all that done, I did the accessorizing," Susan says.

Susan drew upon her degree in graphic design and her study of furniture painting (she takes classes at the Isabel O'Neil Studio Workshop in New York City) to select unique pieces for the house. "I gravitate to things that are textural, graphic, and sculptural," she says.

While her husband often skips through a flea market, she prefers to linger. "A lot of times I'll go by myself because I can go through very slowly. In Maine, the booths are full of stuff and not staged, so you really have to look or you could miss something." Tramp art, with its peculiar materials and amateur designs, draws her eye. She also looks for useful items, such as ruby-colored glassware. "We have about 200 pieces," she says.

The couple prize the rustic hallmarks of water life, like buoys and oars, as well as classic New England icons: Spools of thread from an old textile mill hang on a guest bedroom wall, for example. "When we first decorated the house, we wanted a much cleaner, more modern look," Susan says. With a laugh, she adds, "But we can't control ourselves."

For Resources, see page 95.

OPPOSITE: Susan Lawrence relaxes in the living room, where stones create a rustic fireplace surround. River-related relics and a game board decorate the mantel. ABOVE: A vintage hooked wool rug with a colorful, graphic design is one of Susan's favorites. LEFT: Old buoys, probably from Connecticut, add a splash of color lakeside.







 Spools of thread, likely from an old textile mill, hang on a guest bedroom wall.

2 A shopping trip years ago in London netted this shadow box filled with old fishing memorabilia. 3 "I love, love those," Susan says of the whimsical canine-shape nutcrackers that share space with faucet turns she bought in a batch. 4 Though their son is grown, the couple still enjoy buying vintage toy trucks and cars for his room. 5 A group of reproduction fishing buoys, displayed on an old shoe rack, show off distinctive shapes and colors. 6 Susan hired a framer to mount a collection of locks on an old breadboard.















Country Life | FALL BAKING



Cranberry-Orange Loaf

PREP 30 minutes **BAKE** 65 minutes at 350°F COOL 10 minutes STAND Overnight SERVINGS 14

- 2 cups all-purpose flour
- 1 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. finely shredded orange peel
- 2 eggs
- 1/2 cup milk
- 1/2 cup butter, melted
- 3/4 cup coarsely chopped cranberries
- 1. Preheat oven to 350°F. Grease the bottom and ½ inch up sides of an 8×4-inch loaf pan. In a large bowl stir together flour, sugar, baking powder, and salt. Stir in orange peel. Make a well in center of flour mixture.
- 2. In a medium bowl beat eggs with a fork; stir in milk and melted butter. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in cranberries.
- 3. Spoon batter into prepared pan; spread evenly. Bake 65 to 70 minutes or until a toothpick comes out clean. If necessary to prevent overbrowning, cover with foil the last 15 minutes of baking.
- **4.** Cool in pan on a wire rack 10 minutes. Remove from pan. Cool completely on wire rack. Wrap and store overnight before slicing.

PER SERVING 196 cal., 8 g total fat (5 g sat. fat), 48 mg chol., 178 mg sodium, 29 g carb., 1 g fiber, 15 g sugars, 3 g pro.



Whole Grain Sunflower Bread

PREP 20 minutes BAKE 45 minutes at 350°F COOL 10 minutes STAND Overnight SERVINGS 14

- 11/2 cups all-purpose flour
- 3/4 cup packed brown sugar
- 1/2 cup whole wheat flour
- 1/2 cup dry-roasted sunflower kernels
- 1/3 cup flaxseed meal
- tsp. baking powder
- 1/2 tsp. baking soda
- ½ tsp. salt
- 1 egg
- 11/4 cups buttermilk or sour milk*
- 11/4 cups vegetable oil

Dry-roasted sunflower kernels

- 1. Preheat oven to 350°F. Grease the bottom and $\frac{1}{2}$ inch up sides of a 9×5-inch loaf pan.
- 2. In a large bowl stir together the first eight ingredients (through salt). Make a well in the center of the flour mixture.
- 3. In a medium bowl beat egg with a fork; stir in buttermilk and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).
- 4. Spoon batter into prepared pan; spread evenly. Sprinkle with additional sunflower kernels. Bake 45 to 55 minutes or until a toothpick comes out clean.
- **5.** Cool in pan on a wire rack 10 minutes. Remove from pan. Cool completely. Wrap and store overnight before slicing.

*TEST KITCHEN TIP: To make 11/4 cups sour milk, place 4 tsp. lemon juice or vinegar in a glass measuring cup. Add enough milk to make 1¼ cups total liquid; stir. Let stand for 5 minutes before using.

PER SERVING 202 cal., 8 g total fat (1 g sat. fat), 16 mg chol., 207 mg sodium, 28 g carb., 2 g fiber, 13 g sugars, 5 g pro.



Pumpkin Bread

PREP 25 minutes BAKE 40 to 60 minutes at 350°F COOL 10 minutes STAND Overnight SERVINGS 32

11/2 cups granulated sugar

11/2 cups packed brown sugar

1 cup vegetable oil

4 eggs

31/₃ cups all-purpose flour

2 tsp. baking soda

2 tsp. ground cinnamon

1½ tsp. salt

1 tsp. ground nutmeg

²/₃ cup water

1 15-oz. can pumpkin

- 1. Preheat oven to 350°F. Grease the bottom and ½ inch up sides of two 9×5-inch, three 8×4-inch, or four 7½×3½-inch loaf pans. In an extra-large bowl combine granulated sugar, brown sugar, and oil. Beat with an electric mixer on medium until well mixed. Add eggs; beat well.
- 2. In a large bowl combine next five ingredients (through nutmeg). Alternately add flour mixture and the water to sugar mixture, beating on low after each addition just until combined. Beat in pumpkin.
- 3. Spoon batter into prepared pans; spread evenly. Bake 55 to 60 minutes for 9×5-inch loaves, 45 to 50 minutes for 8×4-inch loaves, 40 to 45 minutes for 7½×3½-inch loaves, or until a toothpick comes out clean.
- **4.** Cool in pans on wire racks for 10 minutes. Remove from pans. Cool completely on wire racks. Wrap and store overnight before slicing.

PER SERVING 198 cal., 8 g total fat (1 g sat. fat), 26 mg chol., 200 mg sodium, 31 g carb., 1 g fiber, 20 g sugars, 2 g pro.



Lemon and Poppy Seed Bread

PREP 20 minutes BAKE 50 minutes at 350°F
COOL 10 minutes STAND Overnight SERVINGS 16

2 cups all-purpose flour

1 cup sugar

2 tsp. baking powder

1½ tsp. salt

1 egg

1 cup milk

1/4 cup vegetable oil

1 Tbsp. finely shredded lemon peel

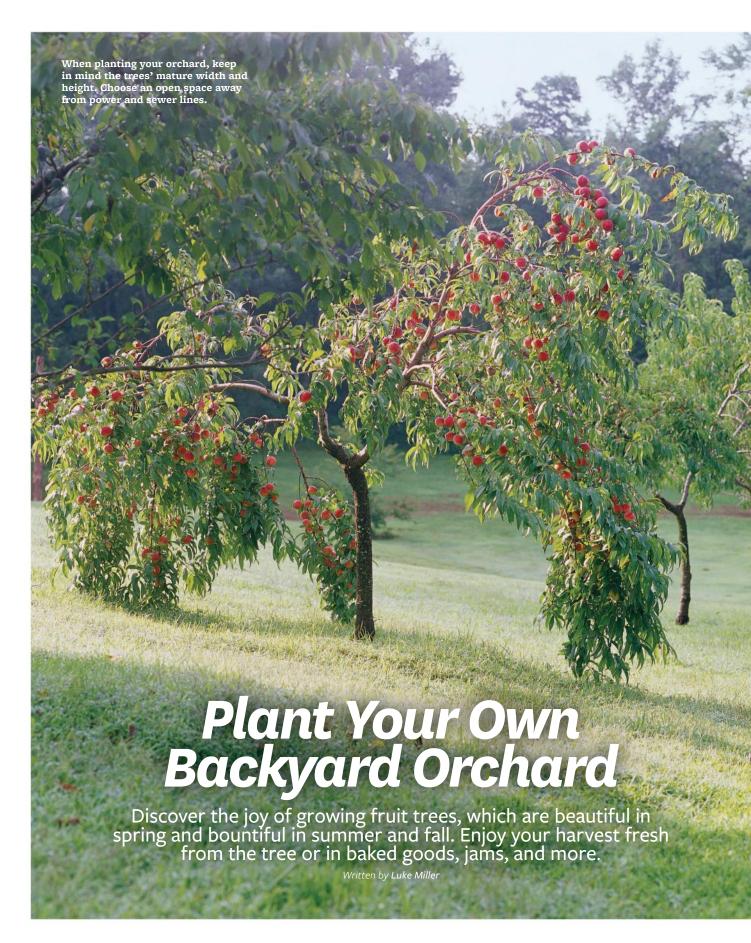
2 Tbsp. lemon juice

1 Tbsp. poppy seeds

- 1. Preheat oven to 350°F. Grease the bottom and ½ inch up sides of an 8×4-inch loaf pan. In a large bowl stir together flour, sugar, baking powder, and salt. Make a well in center of the flour mixture.
- 2. In a medium bowl beat egg with a fork. Stir in remaining ingredients. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).
- **3.** Spoon batter into prepared pan; spread evenly. Bake 50 to 55 minutes or until a toothpick comes out clean.
- **4.** Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on a wire rack. Wrap and store overnight before slicing.

PER SERVING 149 cal., 4 g total fat (1 g sat. fat), 14 mg chol., 114 mg sodium, 26 g carb., 0 g fiber, 13 g sugars, 3 g pro.

Goonline
Looking for more? Visit
LivingtheCountryLife
.com/QuickBread to find
a recipe for chocolate
zucchini bread.



Wouldn't it be nice to have an orchard right outside your door? A place where

the tastiest fruit varieties grow, not just the standard grocery-store fare with a long shelf life. An orchard takes some commitment to watering, weeding, pruning, and pest control, but the benefits of growing your own fruit trees are worth the effort.

"Grow fruit for flavor, for beauty, and for fun," says Lee Reich, author of Grow Fruit Naturally and other books on fruit production for home gardeners. But, he cautions, the amount of work required varies greatly depending on the fruits you grow. "Plan before you plant," Reich advises. "These are long-term plants, so it pays to choose and site them accordingly."

Here's how to reap the greatest rewards from your backyard orchard.

PLANNING

Start by deciding what fruits you want to grow and how you plan to use them. Do you want the fruits for fresh eating, baking, making jams and jellies, or turning into cider? Explore the fruits at farmers markets, and do some research before deciding which varieties to grow.

Be sure to choose varieties suited to your climate. For instance, 'Haralson' apples were bred for cold Minnesota winters, while 'Beverly Hills' apples were developed for warmer climates. Bear in mind that some fruit trees need to be cross-pollinated by another variety. If you don't see the phrase "self-fertile" on the plant tag or in the catalog copy, your tree needs cross-pollination.











Favorite Orchard Fruit

These well-loved fruits are popular and reliable ways to start your orchard.

1. PEACHES Zones 4–8 Most peach trees are self-pollinating but often live just 15-20 years. Where late frosts are common, plant on the north side to delay spring flowering; elsewhere, plant trees on a southfacing slope.

2. APPLES Zones 3-10 Plant at least two trees for crosspollination, and pick varieties that bloom around the same time. Try antique varieties for tried-and-true flavor or newer cultivars with better disease-resistance.

3. PEARS Zones 4-9 These trees need cross-pollination, so plan to plant at least two pear trees in your orchard. Most trees will start producing fruit in four to six years.

4. CHERRIES Zones 3-9 Sweet cherries are often eaten fresh, while sour cherries are used for jams and pies. Two varieties are needed to pollinate sweet cherry trees, while sour cherry trees are self-fertile.



How to Plant a Fruit Tree

Nervous about planting your orchard's first trees? Just follow these easy steps.

Dig a hole as deep as the tree's root ball and twice as wide. Position the tree so the graft union (a swollen area where stem is grafted to roots) is 2 inches above ground level. Remove the plastic pot from container-grown trees, and cut into the roots at four equidistant spots along the sides and at the bottom to keep roots from circling. With balled-andburlapped trees, remove the wire cage or rope, then pull the burlap low around the root ball (it will disintegrate if it's not plastic).

STEP 2:

Backfill the hole with the excavated soil. Tamp gently to remove air pockets. Provide at least 5 gallons of water per week. A good way to deliver the water slowly is with a

5-gallon plastic bucket. Drill two small holes 6 inches apart near the bottom, and place the bucket by the tree's trunk.

STEP 3:

Mulch beneath the tree, starting a couple inches from the trunk and reaching out to the drip line, or outer canopy. (If planting in fall, wait until after the first hard freeze before you apply mulch, so rodents don't take up residence in it for the winter.) Bank the mulch along the edges to create a basin to direct water to the roots.

STEP 4:

Protect the trunk from small animals with tree wrap. For deer protection, surround it with wire fencing or spray with a repellent following package directions.

Fruit trees add interest to your landscape and reward you with a bountiful harvest.

If you're worried about having enough space, fear not. Many fruit trees come in several sizes: dwarf (6-10 feet mature height), semidwarf (15 feet), or standard (20-30 feet). Dwarf trees are easiest to maintain and harvest, and they can be spaced as closely as 5 feet apart. Standard trees produce more fruit, but they each may need up to 30 feet of room to grow. You can also try columnar trees—slender, upright varieties that bear fruit on short branches—or prune trees to grow flat against a building or fence as an espalier; both types mix easily into ornamental landscapes.

PLANTING

Fruit trees need full sunlight, ample moisture, and well-drained soil. An east-facing slope is ideal because morning sunlight dries the leaves quickly to reduce foliar diseases. Avoid low spots, which can harbor pockets of frost in late spring. In cold climates, earlyflowering trees such as nectarine and plum benefit from shelter from a nearby hedge or structure.

You can plant potted or balled-and-burlapped fruit trees throughout the growing season. Bare-root trees should be planted while dormant. Keep in mind that while you can plant in fall, you may find a better tree selection in spring—both at your local nursery and through mail-order catalogs.

ORCHARD CARE

Regular maintenance includes watering, mulching, and applying fertilizer. Most fruit trees also require some pruning, and they have their share of pests and diseases. Your extension service can provide a list of common problems and solutions. Integrated Pest Management (IPM), one option for controlling pests, relies primarily on nonchemical solutions, such as barriers and traps, horticultural oils and soaps, and beneficial insects. IPM also includes cultural practices such as removing fallen leaves and fruit from under trees (or letting chickens, ducks, or pigs do it for you) to disrupt the life cycles of insects and diseases. In a home orchard, "the fruits need not be picture-perfect," Reich reminds growers. But they're bound to taste perfect when you know they came from your own backyard.

For Resources, see page 95.













Expand Your **Orchard**

Got the urge to try some new flavors in the coming years? Consider adding these fruit trees to your backyard.

1. APRICOT (PRUNUS ARMENIACA)

Zones 5-8

Most trees are self-pollinating and produce fruit with orange flesh that is often canned or dried. Some varieties survive Zone 3 winters; however, they are early bloomers so are susceptible to fluctuating spring temperatures. Cultivars such as 'Harglow', 'Hargrand', and 'Harlayne' are disease-resistant varieties for the North; 'Early Golden' does better in the South and Southwest.

2. PLUM/PRUNE (PRUNUS **DOMESTICA**) Zones 5-9

Homegrown fruits have excellent flavor if tree-ripened, which they never are commercially. Plums are among the easiest fruits to grow in Zones 5–7. There are many self-fertile cultivars available, such as the popular 'Stanley'. Plums bloom early in spring, so avoid frost pockets and windy sites when you plant.

3. PAWPAW (ASIMINA TRILOBA)

Zones 5-8

These trees produce tropical-like fruit with vanilla or banana-mango flavors. 'Fairchild' and 'Mitchell' need cross-pollination; 'Sunflower' is self-fertile. Little care is needed as far as pruning or pest control. Pawpaw takes part shade.

4. POMEGRANATE (PUNICA **GRANATUM**) Zones 7-10

These beautiful subtropical trees produce coppery new growth, red-orange flowers, red fruit with edible seeds, and goldenyellow foliage in the fall. Pomegranate trees are self-fertile but can be fickle about fruiting in all but the hottest climates.

5. FIG (FICUS CARICA) Zones 8-10 Most figs are hardy in Zones 8-10, but 'Brown Turkey' and 'Celeste' tolerate colder temperatures. If planted in pots, trees can be overwintered in a minimally heated greenhouse or cold basement.

6. PERSIMMON (DIOSPYROS KAKI)

Zones 7-10

These trees produce fruit similar to apricots that can be used in jams, pies, puddings, and breads. Popular varieties such as 'Hachiya' are astringent until fully ripe, but 'Fuyu' and 'Jiro' can be eaten crisp. In Zones 5-6, try American persimmon (Diospyros virginiana)



Carting fence posts. Towing trailers. Schlepping antiques. Whether you own a small acreage or a large

farm, it isn't difficult to craft a list of the many jobs a half-ton truck can tackle. The bigger challenge is finding the truck and model that best fits your needs. Before you roll off the lot in a newly purchased pickup, consider these options:

OVERALL POWER

Consider what kind of jobs you'll take on in your pickup, and determine the heaviest loads it will transport. Then opt for a truck with the horsepower and torque up to the task, even when conditions are muddy, snowy, or hilly. Full-size trucks in the half-ton (or 1500) class are the top-selling pickups precisely because they hit the sweet spot by balancing muscle with efficiency. Avoid choosing heavy-duty packages you don't need. These pickups, while powerful, are generally less fuel-efficient, come with higher price tags, and offer bumpier rides than more streamlined trucks.

CAB STYLE

When choosing a cab style, think about your likely passengers. Will your new ride's chief function be for

work, or will it double as a family vehicle? A regular-size cab should hold solo operators or two-person teams, but if you'll be packing in a load of kids (or you just want extra space to stow gear), opt for a larger interior. An extended cab, which contains a second row of compact jump or bench seating, makes a smart choice for families with small children, while a crew cab offers a comfier ride for multiple adult passengers thanks to a full second row of seating and door access. Just keep in mind: the bigger the cab, the higher the price.

TRUCK BED LENGTH

Pickup manufacturers offer a variety of bed lengths, with most in the 5- to 8-foot range. If you transport building supplies or other lengthy items, a longer truck bed is a must. Keep in mind, though, that your cab size impacts bed length. Trucks with spacious cabs often come outfitted with smaller cargo beds to prevent the vehicle from becoming unwieldy. Check with the manufacturer to see if you can mix and match cab styles and bed lengths. Bed extenders can also add a few extra inches of cargo space by forming a fence above the open tailgate.

Continued on page 36

SIMPLY CABTIVATING



Have we got your attention?

Good. Now, just imagine the view from inside the **all-new 1R Cab Tractor**.

Or, better yet, swing by JohnDeere.com/1Family for a closer look.

Because whether you're behind the glass or in front of it,
the new 1R cab is **Simply Cabtivating**.

In It for the Long Haul

Half-ton trucks pair performance with practicality (and a hint of luxury) for a well-rounded addition to your acreage.

FORD F-150 XL

ford.com

Starting price: \$27,110 Engine choices: 3.5-L V6, 2.7- and 3.5-L turbo V6, or 5-L V8

Fuel economy (city/highway):

15-19 mpg/22-26 mpg Horsepower: 282-385 Maximum towing capacity: 5,000-12,200 lbs.

Seating capacity: 3-6, depending

on cab style

Cargo box length: 67.1, 78.9, or 97.6 in.

What we love: An optional turbocharged V6 engine packs the power of a V8 with a more budget-friendly fuel economy.





CHEVROLET SILVERADO 1500

chevrolet.com

Starting price: \$27,785 Engine choices: 4.3-L V6 or

5.3- or 6.2-L V8

Fuel economy (city/highway): 15-18 mpg/20-24 mpg

Horsepower: 285-420 Maximum towing capacity:

5,500-12,500 lbs. Seating capacity: 3-6, depending

on cab style

Cargo bed length: 69.3, 78.9, or 97.8 in.

What we love: Accessing contents at the front of the cargo bed is easy thanks to available power-retractable running boards, which extend at the push of a button.

GMC SIERRA 1500

gmc.com

Starting price: \$28,405 Engine choices: 4.3-L V6 or 5.3- or 6.2-L V8

Fuel economy (city/highway): 15-18 mpg/20-24 mpg

Horsepower: 285-420

Maximum towing capacity:

5,500-12,500 lbs.

Seating capacity: 3-6, depending on cab style

Cargo bed length: 69.3, 78.9, or

97.8 in.

What we love: The smart design of the cab shuts out highway sounds with triple door seals, sound-absorbing materials, and an inlaid design that lets doors fit snugly into the truck body.



More Features to Lonsider

BED MATERIAL

In 2015, Ford debuted its aluminum cargo bed as a lightweight alternative to steel; the lighter bed boosts fuelefficiency and resists corrosion. Competitors, however, claim that aluminum lacks the resilience of steel and that heavy materials easily puncture the bed. Consider your brand loyalty and cargo needs when evaluating bed material options. Choosing a factory- or dealer-installed bed liner offers the best way to fend off dents and dings and keep your cargo space looking new.

TOWING CAPACITY

On average, half-ton trucks usually tow between 5,000 and 12,000 pounds. If you plan to tow a trailer behind your truck, ensure that the pickup can handle the load by examining the vehicle's drivetrain, suspension, horsepower, gearing, frame, and drive axle. Then choose a rear-axle ratio that aligns with how you'll use your truck: A higher ratio is best for heavy hauling, while a lower ratio improves fuel-efficiency (if you don't anticipate hauling a significant amount of weight).

CAB INTERIOR

Today's full-size pickups pack a number of comfort and entertainment features that rival those of luxury sedans. Backup cameras and blind-spot assist systems improve safety and lend a hand when hitching trailers, while oversize storage cubbies, heated seats, and Bluetooth connectivity offer convenience. Make a list of your must-have features before heading to the dealership, keeping in mind that add-ons often push up the price. Be sure to climb into each of the vehicle's seats so you can test the accessibility, seat comfort, legroom, and overhead space in the cab.

RAM 1500

ramtrucks.com

Starting price: \$26,495 Engine choices: 3-L EcoDiesel V6,

3.6-L V6, or 5.7-L V8 Fuel economy (city/highway):

15-21 mpg/22-29 mpg

Horsepower: 240-395 Maximum towing capacity:

4.210-10.620 lbs.

Seating capacity: 2-5, depending

on cab style

Cargo bed length: 67.4, 76.3, or

98.3 in.

What we love: With the only diesel engine option in the halfton class, the Ram 1500 is ready for heavy hauling and efficient highway miles.





NISSAN TITAN

nissanusa.com

Starting price: \$29,580

Engine: 5.6-L V8

Fuel economy (city/highway):

15 mpg/21 mpg

Horsepower: 390

Maximum towing capacity:

9,390-9,730 lbs.

Seating capacity: 3-6, depending on cab style

Cargo bed length: 67, 78, or

What we love: Available LED bed lights, lockable in-bed storage boxes, and a 120-volt outlet instantly transform the cargo bed into a well-equipped work space.

TOYOTA TUNDRA

toyota.com

Starting price: \$30,120 Engine choices: 4.6- or 5.7-L V8 Fuel economy (city/highway):

13-15 mpg/18-19 mpg Horsepower: 310-381

Maximum towing capacity: 6,400-10,500 lbs.

Seating capacity: 3-6, depending on cab style

Cargo bed length: 66.7, 78.7, or

97.6 in.

What we love: A touch-screen infotainment system with smartphone connectivity comes standard, encouraging drivers to spend less time fiddling with devices and more time with their eyes on the road. The Tundra's CrewMax cab option boasts reclinable rear seating.





Truck-SUV Hybrid

The interior comfort of an SUV and a tough truck appearance put the Honda Ridgeline in a class all its own. It boasts unit-body construction and independent rear suspension for a more comfortable ride than the body-on-frame design of a full-size pickup. The Ridgeline offers front-wheel or all-wheel drive configurations and a lockable storage space under the truck bed. It's best suited for lighter towing work and on-theroad adventures, but its 3.5-liter V6 engine could be just right for acreage owners who don't need as much truck in their truck.

HONDA RIDGELINE

automobiles.honda.com Starting price: \$29,475 Engine: 3.5-L V6 Fuel economy (city/highway): 18-19 mpg/25-26 mpg Horsepower: 280 Maximum towing capacity: 3,500-5,000 lbs. Seating capacity: 5

Cargo bed length: 64 in.

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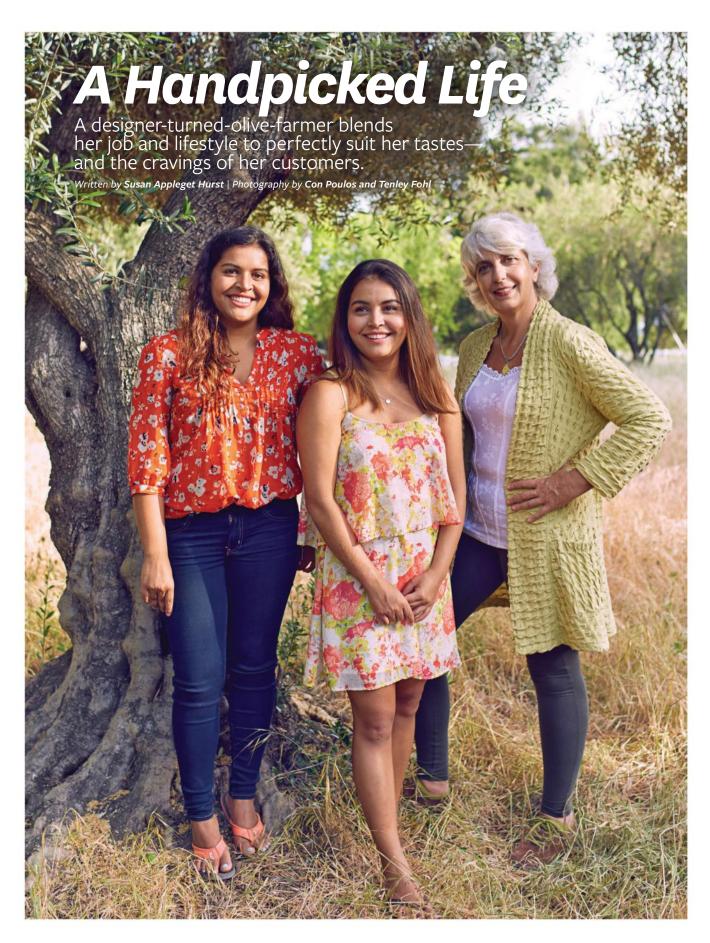












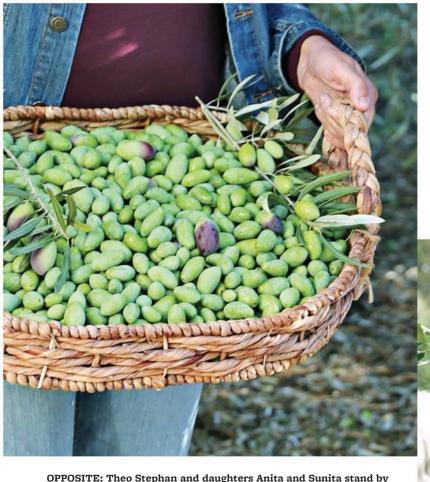
There is a particular angle to the sunlight during the olive harvest. The groves seem to glow in the

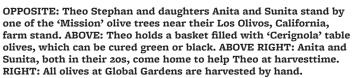
midafternoon warmth, and the air smells of wood and dust and the minty aroma of eucalyptus growing by the dry creek. Although Theo Stephan pulled on a jacket against November's chilly predawn mist, she's down to a tank top now. Theo, her daughters Anita and Sunita, and a dozen or so of Theo's friends chat and laugh as they reach up to pick the smooth green olives, building up an appetite for one of Theo's renowned postharvest dinner parties.

Once a successful graphic designer, Theo worked hard to morph that career into this new one as an olive grower and food merchant in a small rural community. "I don't really think of it as quitting one business and starting another," Theo says. "I had always wanted to design my own 'something.' Food was a natural since I love gardening and entertaining. It all kind of naturally meshed together." Now she grows and sells the fruitsand oils—of her labors, stirring her creativity, work, and daily life into one flavorful blend.

The Santa Ynez Valley of Southern California, where her farm stand and a grove of olive trees reside just south of Los Olivos, could be mistaken for some areas of Greece, Italy, or Spain. However, Theo is firmly planted in this rustic, romantic California landscape by choice. Some 20 years earlier, Theo's Ohio-based graphic design firm opened an office in Los Angeles, and after many months of traveling back and forth across the country, she found herself drawn more and more to the dry hills reminiscent of her family's ancestral Greece. Distilling her loves of travel, international flavors, and creative entertaining into a singular vision, Theo named her new business Global Gardens.

Carefully planning the transition from designer to olive grower and specialty food merchant in the









Country Life | ENTREPRENEURS









TOP LEFT: The Global Gardens farm stand welcomes locals and tourists year-round. The company also handles a mail-order and gift-basket business. TOP RIGHT: Anita fashions olive branches into wreaths. ABOVE LEFT: A sign beckons visitors to the tasting bar. ABOVE RIGHT: Theo encourages visitors to try new flavors. "I wish I had a Webcam at our tasting bar to capture the expressions of my tasters," Theo says.

> mid-1990s, Theo planted a grove of over 2,000 olive trees—the first trees planted in Santa Barbara County for oil production and the first to produce certifiedorganic olives in Southern California. She imported growing stock from Europe so Global Gardens could offer flavors rarely sampled in the United States, such as 'Koroneiki' olives from Crete and true, own-root 'Kalamata' olives. She also grows 'Mission', 'Cerignola', 'Manzanilla', and 'Picholine' olives. The discovery of a small untended grove of 'Farga' olives on Theo's land led Global Gardens to be one of only three commercial producers of the olive in the United States.

> Theo delved into fruit vinegar production and spice blending as well, both natural extensions for someone devoted to the art of hospitality. But she waited until

her trees had their first big harvest several years later before she turned all her time and considerable talents toward growing Global Gardens and its products. It was the first company to offer a quarterly olive-oil-andvinegar subscription by mail, and the farm stand enjoys a loyal and growing year-round stream of customers.

Olive varieties, harvested as they mature from October through February, are handpicked by hired crews that travel from grove to grove. Harvesting starts before dawn, the fruit traveling from 40-pound crates to half-ton crates to a certified-organic mobile mill in only a few hours. "Our first ton of olives is on the mill by 7 a.m.," Theo says. The majority of Global Gardens olives become oil, but table olives are also produced.

Theo falls into bed at night worn out but confident that her energy will return in the morning because she's living the life and doing the work she loves. "I live with the rhythm of my environment," Theo says. "I know that freedom doesn't exist for many people. It is a huge gift I'm grateful for on a daily basis."

For Resources, see page 95.



CHANGE



OF PACE

A North Carolina couple moves to the country to celebrate fresh food, healthy living, and sustainable farming.





LEFT: Rows of field peas are used as a cover crop. BELOW LEFT: The farm grows a variety of vegetables including eggplants (shown), berries, herbs, and edible flowers. BELOW: Larry and Lee Newlin survey the farm, which is on the Haw River in central North Carolina.





Moving to the country was a giant leap of faith that brought a bountiful reward for Lee and Larry Newlin. When they bought their

18-acre farm outside Chapel Hill, North Carolina, in 2010, the Newlins also launched a new career together. They thought they would miss the bustle of life in the city, but they were too busy enjoying the harvests at their new endeavor, Peaceful River Farm. "Our lives have totally changed in so many ways," Lee says.

Their big transition was precipitated by a lifechanging event: In 2005, Lee was diagnosed with non-Hodgkin's lymphoma. "Getting sick and then recovering was an eye-opener for both of us," Lee says. They started eating more vegetables and researched organic and sustainable gardening practices. They soon realized they wanted to share what they'd learned about healthful eating and living. "We just knew we wanted to do something that really counted, and make a difference," Lee says.

Now, Peaceful River Farm is both their home and their livelihood. Lee and Larry cultivate 5 acres of produce they sell at a popular weekly farmers market and to chefs and a few grocery stores in the area. Lee teaches cooking classes emphasizing fresh, colorful, and delicious vegetables grown on the farm. They also host farm dinners, inviting chefs to prepare healthful meals with fresh-picked produce, served on the deck overlooking the property.

"It's a different lifestyle," Lee says. "We work 60–70 hours a week, but it has a retreat feeling to it, as well."



Fresh-Picked Flavor

Lee and Larry Newlin believe produce tastes best straight from the garden. Here are some of their favorite fall greens:

'GREEN OAKLEAF' SALANOVA LETTUCE

This head lettuce is one of the essential ingredients in Lee and Larry's salad mixes. The colorful lettuce is a cut-and-come-again crop, Larry says. "We get three or four cuts out of it."

'RED BUTTER' SALANOVA LETTUCE

Larry and Lee love this lettuce for its intense color, texture, and flavor.

JOI CHOI, BOK CHOA

These tender greens are harvested when they're small. "The nutrition is hard to beat," Larry says. The Newlins slice the leaves thin and use them in salads.

RAINBOW SWISS CHARD

Larry calls this crop "the gift that keeps on giving." He harvests the leaves, which are as tender as spinach, from October through June. They have "an earthy, wonderful flavor," he says.

'GARNET GIANT' MUSTARD

The dramatic red leaves grow quite large, but Larry and Lee like to harvest them when they are still small and delicate. "They're a superfood," Lee says. The nutritious and just-a-littlespicy green tastes great in mixed-green salads or braised.

MIZUNA

This Japanese mustard green has wonderful twisted and serrated foliage. Mild-tasting and high in vitamin C, the leaves add loft to salads.



ABOVE: Larry holds a big basket of greens harvested at the farm; the Newlins sell produce at a nearby farmers market and to area restaurants. BELOW: Deer like to nibble on the farm's greens, but a fence around the market gardens helps keep them at bay. RIGHT: Some of the farm's tomato harvest is canned to preserve the taste of summer.



PUTTING FOOD TO WORK

Lee's cancer diagnosis changed her approach to food and cooking. "I started reading a lot about health and nutrition and eating well, and I said, 'That's your connection. You have to change your diet," she says. "It turned out to be a lifeline for me."

Now she shares her knowledge of smart food choices in cooking classes in the farm's barn. Lee loves good food, but she doesn't think cream and butter are necessary ingredients in a delicious dish. Her menus are plant-based, built around the freshest ingredients from the farm. Lettuce and leafy greens are high on her list of healthy and nutritious foods. She loves kale, collard greens, beets, and cabbage, and uses fresh herbs to give her recipes depth and richness.

"Nothing makes me happier than to come up with a dish that has stellar nutrition and tastes phenomenal," Lee says.

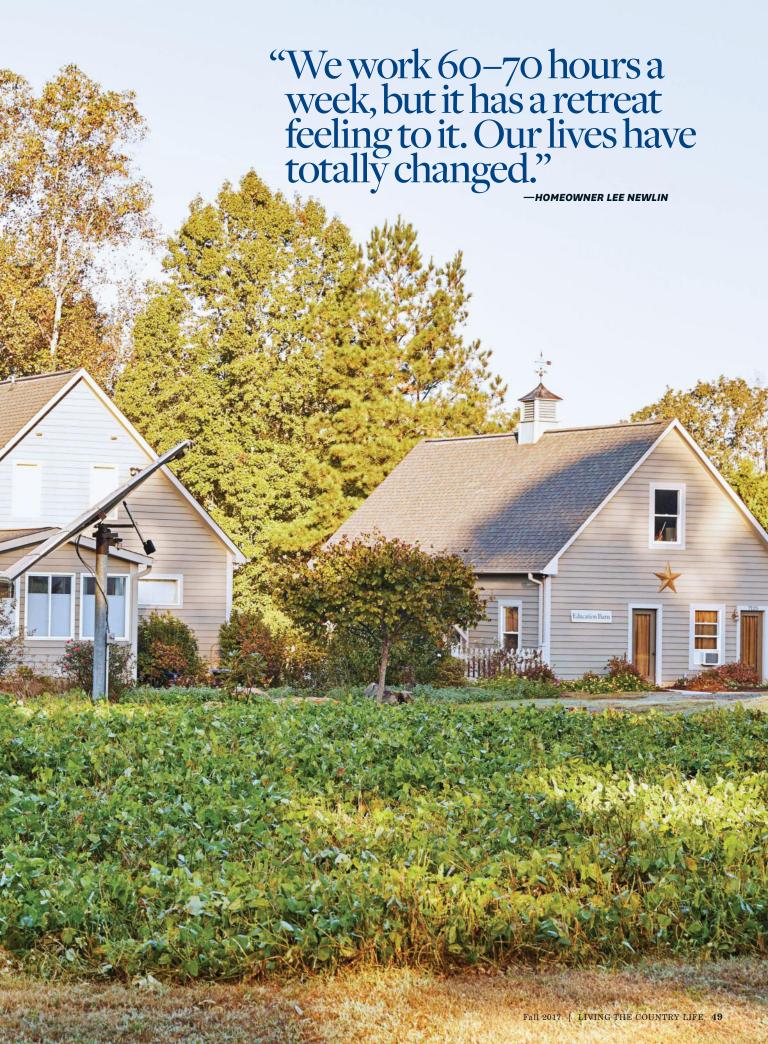
GROWING HEALTHY

Lee and Larry owned a landscaping and nursery business before they became country farmers, but the transition from landscaping to farming was a challenge, Larry says. He took classes in sustainable farming practices to learn more about growing healthful food in soil full of beneficial fungi and bacteria. He farms the land hard, but he adds compost to the soil to help maintain its fertility and rotates crops to improve yields. He grows cover crops in the rotation and applies organic amendments to supplement the minerals in the farm's naturally silty clay soil. A drip irrigation system helps conserve water.









DINNER IS SERVED

Sunday night farm dinners at Peaceful River Farm represent the culmination of the Newlins' hard work. Guests arrive at the farm at about 5:30 and meet in the barn, where they mingle over snacks and slip into the spirit of the serene countryside. Larry leads a short tour, introducing guests to the farm and telling them a little about how the food on the menu was grown.

The guests then gather at the long table on the deck, set with crisp white linens and decorated with garden flowers. "When they come, they don't know each other, but they develop friendships immediately," Larry says.

The healthful lifestyle Lee and Larry sought when they bought Peaceful River Farm has expanded beyond expectations—to foster a nourishing, healthy community. Refined sugar really isn't necessary: Life on the farm is sweet enough already.

For Resources, see page 95.



ABOVE: Larry grows fresh greens and other vegetables in the field and in two hoop houses, which extend the harvest season. LEFT: The table is set for a Sunday evening dinner, which features the farm's produce. BELOW: The dinners take place on a deck overlooking the twin market gardens so guests enjoy a bountiful view along with an array of healthful food.



Lee's Beautiful Beet Salad

START TO FINISH 1 hour 25 minutes SERVINGS 4

- 1 lb. red and/or golden beets
- 2 Tbsp. champagne white wine vinegar
- ½ tsp. sea salt
- 1 avocado, seeded, peeled, and sliced
- 2 tsp. lemon juice
- 3 cups mixed spring salad greens
- 1 Tbsp. extra virgin olive oil
- 1 tsp. dried red bell pepper (optional)
- 1. Place beets in steamer basket in a saucepan with water that comes just under the basket. Cover and steam 45 to 60 minutes or until tender when pierced all the way through with a fork.

- **2.** Remove from heat and let beets cool slightly. Cut off stem and root ends. Slip skin off beets.
- **3.** Cut the beets into 1-inch pieces. Use two separate bowls if using both red and golden beets. While beets are still warm, sprinkle with 1 Tbsp. of the vinegar and the salt. Let stand a few minutes to allow beets to absorb the flavors.
- 4. Sprinkle lemon juice over avocado slices.
- **5.** Place prepared beets on greens, then layer a few slices of avocado on top. Drizzle with olive oil and the remaining 1 Tbsp. vinegar. Sprinkle with dried pepper, if desired. Serve immediately.

PER SERVING 143 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 377 mg sodium, 15 g carb., 6 g fiber, 8 g sugars, 3 g pro.





Lee's Tatsoi and Curried Chickpea Soup

START TO FINISH 45 minutes SERVINGS 6

- 1 lime
- 1 cup finely chopped onion
- 1 tsp. sea salt
- 2 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1 lb. small red-skin potatoes, chopped
- 1 to 2 Tbsp. curry powder with turmeric
- 4 cups vegetable stock
- 1 cup unsweetened coconut milk
- 2 15-oz. cans chickpeas (garbanzo beans), rinsed and drained
- 2 cups chopped zucchini
- 6 cups chopped tatsoi leaves or spinach Black pepper

- 1. Remove zest and squeeze juice from lime.
- 2. In a large pot cook onion and salt in hot oil over medium heat about 4 minutes or until onion is tender. Add garlic. Cook and stir 1 minute more. Stir in potatoes, curry powder, and lime zest. Cook and stir about 6 minutes or until potatoes begin to brown.
- 3. Add stock and coconut milk. Bring to boiling; reduce heat to low. Simmer, uncovered, 15 minutes.
- 4. Add chickpeas and zucchini. Cook 10 minutes more or until potatoes and zucchini are just tender. Stir in tatsoi and lime juice. Season to taste with additional salt and the pepper.

PER SERVING 326 cal., 14 g total fat (7 g sat. fat), 0 mg chol., $808\,\mathrm{mg}\,\mathrm{sodium}$, $41\,\mathrm{g}\,\mathrm{carb.}$, $7\,\mathrm{g}\,\mathrm{fiber}$, $8\,\mathrm{g}\,\mathrm{sugars}$, $10\,\mathrm{g}\,\mathrm{pro}$.

Lee's Delicious Quinoa Nosh

PREP 30 minutes STAND 5 minutes CHILL 15 minutes BAKE 20 minutes at 400° F SERVINGS 8

- 4 room temperature eggs, lightly beaten
- 2½ cups cooked quinoa, at room temperature
- 1/2 tsp. fine-grain sea salt Pinch crushed red pepper
- 1 cup finely chopped green onions
- 1/3 cup vegan Parmesan or freshly grated Parmesan cheese
- 1/4 cup finely chopped fresh thyme
- 3 cloves garlic, minced
- 1 cup gluten-free or whole grain bread crumbs
- Tbsp. extra virgin olive oil, melted coconut oil, or melted butter
- 1 recipe Chipotle Sauce
- 1. In a medium bowl combine eggs, quinoa, salt, and crushed red pepper. Stir in green onions, Parmesan, thyme, and garlic. Stir in the bread crumbs; let stand 5 minutes so the crumbs absorb some of the moisture, creating a mixture you can easily form into football-shape croquettes or balls. (If crumbly, add a little bit of water to moisten.)





- 2. Lightly oil a 15×10-inch baking pan. Form quinoa mixture into 1-inch croquettes or balls and place on pan. Do not crowd. Use an oil mister or pastry brush to lightly oil tops with olive oil. Cover and chill 15 minutes or overnight.
- **3.** Preheat oven to 400°F. Bake about 20 minutes or until the edges begin to brown. Do not burn.
- **4.** Remove from baking sheet and cool on a wire rack while you bake the remaining balls. Once balls are cool, keep covered to keep moist. Serve with Chipotle Sauce.

CHIPOTLE SAUCE: In a food processor combine ³/₄ cup vegan mayonnaise or mayonnaise; 3 Tbsp. chopped fresh cilantro; ¼ cup sliced green onions; 2 cloves garlic, minced; 1½ to 2 tsp. chopped canned chipotle peppers in adobo sauce; and 1½ tsp. lime juice. Cover and process until finely blended. Cover and chill until ready to serve.

*TIP: You can make these into larger patties for a meal.

PER SERVING: 330 cal., 21 g total fat (3 g sat. fat), 93 mg chol., 462 mg sodium, 24 g carb., 3 g fiber, 2 g sugars, 8 g pro.

LEFT: With each harvest, Lee hopes to spread the word about the importance of a healthful diet. "I just want people to see that they can make a huge difference in their health," Lee says.



BEEKEPING **BASICS**

Beekeeping allows you to watch honeybees at work—and enjoy a taste of the sweet life. Here's what you need to know before you set up a hive.

Written by Kate Carter Frederick | Photography by Marty Baldwin, Karla Conrad, Jason Donnelly, and Kritsada

oney: It's the No. 1 reason for starting a backyard beehive. But beekeeping provides other benefits as well. You'll enjoy a more productive and beautiful garden, help honeybees and other pollinators survive, and learn more than you could have imagined about bees. Whether you take it on as a relaxing hobby or a full-time endeavor, beekeeping promises to be rewarding.

Although not simple, beekeeping is endlessly fascinating and fun. Like many hobbies, it requires commitment, with at least two hours of routine maintenance each week throughout the gardening season and typically \$300-\$500 up front for bees and equipment. And yes, the hobby stings at times, but you'll learn how to deal with that, too.

Begin by doing some homework. Before you purchase equipment, find out if local ordinances allow beekeeping in your area. Take a beekeeping class, join a local beekeepers group, connect with a mentor, and read books and websites. All these learning opportunities will help prepare you for beekeeping and enrich vour experience.

Use our guide to start exploring the process of setting up a hive, tending bees, and harvesting honey. We take you through the process step-by-step so you'll know what to buy and what to do when.

For Resources, see page 95.

What you need to get started

To set up your hive and tend bees safely and effectively, you need some basic tools and gear. You can purchase items separately or opt for a starter kit that includes all the basic beekeeping components. Here's what to purchase:







Bee photo: Shutterstock/Dani Vincek





for these boxes.

honeybees. Typically they raise new bees or

brood in boxes called deeps and store their

called supers. To complete your hive, you need a cover, inner cover, and bottom board

food—pollen and honey—in shallower boxes



Anatomy of a Beehive

Here's what you'll need for a simple hive made from wooden boxes.

The most popular type of hive for beginning beekeepers is a set of stackable wooden boxes filled with movable frames. Start a first-year colony with one deep box and a 3-pound package of 10,000 bees. You'll want to have an additional deep box on hand to house up to 50,000 bees by summer's end. You'll add up to three smaller boxes for honey as the flow of nearby garden nectar increases. As the colony downsizes in fall, you can remove empty boxes and store them for next year.

1. COVERS

An outer cover, topped with galvanized metal, works like a roof to protect the hive from weather. An inner cover (not visible) fits over the top hive box and has an opening that provides ventilation and offers bees access to the hive.

2. SUPER

Each of these 6-inch-deep boxes holds nine frames for honeycomb. To make honey, worker bees fill the combs with flower nectar, then fan it with their wings until it dries and forms honey. Beekeepers prefer this size box because honey is heavy (a super weighs about 40 pounds when full) and can be hard to lift.

3. DEEP

These 9-inch-deep boxes, also called brood chambers, hold 10 frames and provide a year-round home for honeybees and some food stores. Deep frame cells hold eggs, larvae, pupae, pollen, and honey. Adult bees that care for the brood cling to each frame.

4. EXTERIOR FINISH

Wooden hive bodies are usually primed and painted or stained to protect them from weather. Color is a personal preference, but white is traditional.

5. BOTTOM BOARD

The foundation of the hive, this floor provides an entrance and work space for the bees.

6. CONCRETE BLOCKS

Sturdy supports raise a hive off the ground, protecting it from moisture damage and aiding ventilation.

PUTTING IT TOGETHER

Set Up House

The winter before you begin keeping bees is the ideal time to purchase your equipment. Start with new equipment to avoid hidden problems. At the same time, order packages of honeybees (one package per hive). Aim for a warm, sunny day to set up your hive. Here's how:

1. PICK A SPOT

Place the hive where it will receive sun, air circulation, and wind protection. A nearby water source and open flight path are essential.

2. PURCHASE THE BEES

Obtain the honeybees for your hive. A 3-pound package comes in a wooden box, slightly larger than a shoebox, with mesh screen sides; the box holds about 10,000 bees, including the queen, and a can of sugar water (food for transit).

3. FIND THE QUEEN

Separate the queen from the other bees. She comes in her own carrier; a screen window allows her to be seen, smelled, and fed by her new colony while in transit. The scent of the queen's pheromones guides the colony and creates its autonomy.

4. MOVE THE BEES

Remove a few frames from the brood box to make room for the bees. Spray the bees with sugar water to calm them for their move. A few firm shakes will direct the bees to the space between the frames. Within minutes, the bees will begin licking sugar water off one another and exploring their new home.

5. POSITION FRAMES

Place the frames back inside the box.

6. PLACE THE QUEEN

Replace the plug in one end of the queen's cage with a bit of marshmallow, ensuring the workers will eat the treat and release her. Secure the queen's cage between two frames in the middle of the box.

7. ADD FOOD

Set the inner cover on top of the brood box. Then use a large jar to feed the bees a 2:1 sugar-water solution. Tiny holes in the jar lid will let the bees access the liquid. Continue feeding until the bees stop using the sugar water and instead depend on the neighborhood's spring nectar flow.

8. COVER THE HIVE

Shelter the feeder with a second deep box, then cover the hive. Return in a few days to make sure the workers have eaten the marshmallow and the queen roams free in the hive. Once the workers build honeycomb, the queen lays 600-1,500 eggs each day during her two-year lifetime.



















Tending Your Bees

Once you set up your hive, plan to check on the honeybees weekly.

A beekeeper's main job is to give the bees quality living conditions with minimal interference. Before setting up your hive, visit and observe an experienced beekeeper's hives and help inspect them. This will let you gain more knowledge and confidence.

When you inspect your hive, listen for the bees' gentle hum as you pry open the covers. Lift out frames one by one and examine them. During a colony's first season, watch as bees build wax honeycomb on the frames and fill the cells with food or brood. Notice how patterns appear and change over the weeks. When the second brood box is full of bees and honeycomb, it's time to add a super. When that super fills with honey, add a second super.

Learn to spot the queen by her elongated size and entourage of attendants. If you don't see her, don't worry! The presence of brood—eggs, larvae, pupae indicates she is active.

Keep a weekly log to track the colony's development what works and what doesn't. If something appears awry, contact your state's apiarist, who can guide you to solutions best suited for your locale.



SMOKER

For each hive visit during the season, you'll use this tool to distract the bees with puffs of smoke. Smoke masks the bees' alarm pheromones and prompts them to move away. The smoker holds smoldering fuel such as pine needles or wood pellets.

HARVEST EQUIPMENT

Taste the Honey

When the main nectar flow of spring and summer subsides and the colony has filled combs with surplus honey, it's time for harvest. You need this equipment on hand:





UNCAPPING KNIFE

Use the large serrated blade of this specially designed heated knife to slice off the thin wax layer covering both sides of honeycomb. Once the honey frames are uncapped, the honey flows out freely when extracted.



EXTRACTOR

For ease and convenience, consider buying or borrowing a hand-crank or electric extractor. This tool spins uncapped honeycomb frames to release the honey, which runs down the extractor's steel walls and pools at the tool's bottom.



During extraction, a fine-mesh sieve catches debris, such as bits of beeswax and bee parts, allowing pollen grains to remain. Store raw honey, tightly covered, in the bucket or in jars.



THE EXTRACTION PROCESS

Once the frames have been uncapped, they are placed inside the extractor, above left, and spun to release the honey. Honey flows out of the extractor's spigot, above middle, through a sieve positioned below it (to filter out debris) and into a bucket. A spigot on the bucket, right, allows the honey to be easily dispensed into jars.



Beekeeping Suppliers

MANN LAKE, LTD.

800/880-7694 mannlakeltd.com

DADANT & SONS, INC.

888/922-1293 dadant.com

BRUSHY MOUNTAIN BEE FARM

800/233-7929 brushymountainbeefarm.com

KELLEY BEEKEEPING

800/233-2899 kelleybees.com

GLORYBEE, INC.

800/456-7923 glorybee.com



After saying good-life, a Colorado far anew on a small far good times grow a are in the making. Written by Margaret Zainey Rou Photography by Kimberly Gavin Styling by Bonnie Broten

After saying good-bye to city life, a Colorado family starts anew on a small farm where good times grow and memories are in the making.

Written by Margaret Zainey Roux Photography by Kimberly Gavin







In a world fueled by smartphones and social media, Lucy Rose and Kyle Conklin get back to basics.

"There's a freedom and innocence that comes with country life," says Lucy Rose Conklin, who grew up in Dallas but spent summers at her family's Colorado ranch. "Being removed from the city allows our kids to be kids. They spend their days outside—not in front of a TV—and they love getting their hands dirty. There is always a new adventure or some unchartered territory to discover."

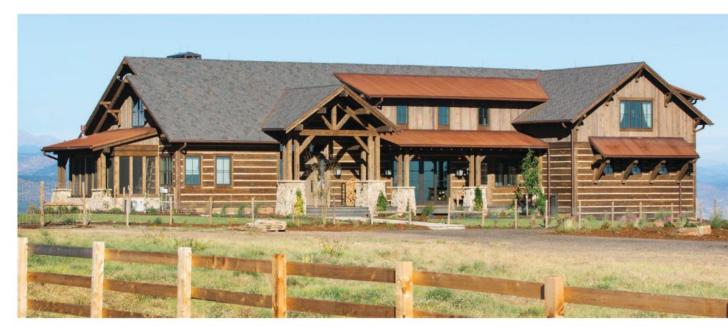
The Conklins and their four children—Savannah (10), McAmis (9), Caleb (3), and Birdie (2)—were living in Denver when they encountered an opportunity to buy vacant farmland in Castle Rock, part of the Front Range Urban Corridor located midway between Denver and Colorado Springs. It was an unexpected offer they couldn't refuse.

After closing on the 38-acre property, they enlisted architect Matt Faure and interior designer Jenn Medoff to devise a home design that would reflect the landscape and support their active lifestyle. To capitalize on the sweeping Rocky Mountain views, the home was built atop a 5-acre mesa using natural materials and architectural salvage, including Montana timber, moss rock, and corrugated tin.



"The exterior finishes feel rustic and hand-chiseled, as if they belong atop the clay and sagebrush," Medoff says. "Inside, we used reclaimed wood, stone, and metal to continue that earthy feel."

Reclaimed oak floors conceal skid marks from skates when the living room transforms into a makeshift roller rink. Concrete pavers in the kitchen stand up to splatters made by tiny chefs as they help bake pies made from apples plucked fresh from the orchard. Solid, sturdy doors made from Wyoming snow fence take a banging from the backpacks of young explorers as they scurry in for snacks after a hike through the hills. These perfect imperfections build character



TOP: Kyle, McAmis, and Savannah take in the view of the Colorado mountains from the barn haymow door. ABOVE: "We wanted to honor the land, so we built the house from natural materials that would let it seamlessly blend into the landscape," Lucy Rose says. Montana timber and corrugated tin reflect the colors of the countryside.



while creating a textural backdrop for the homeowners' unique assemblage of vintage, antique, and heirloom furnishings, art, and decor.

A self-proclaimed "collector of everything," Lucy Rose thoughtfully curates her preloved finds in a fashion that is cohesive, never cluttered. She has a particular penchant for crates, cutting boards, codd bottles, and bowls along with woods flecked with wormholes and metals wearing rusty, crusty skins. Not only are these things proudly displayed, but they are put to work in ingenious ways. There's the old tin cake stand that organizes jewelry, the Dutch tulip crate that doubles as a shoe rack, and the military ammo containers repurposed into pullout drawers.

"Part of the appeal of having old things is finding new ways to use them," Lucy Rose says. "They offer incredible versatility and instantly add history to a room." She often wonders who designed them and who used them. Why were they loved and then left behind? "The antiques that mean the most to me are those passed down to us from our own families," she says. "We know their history and we are a part of it."

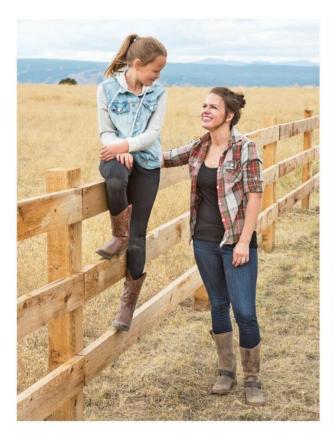
For Resources, see page 95.







OPPOSITE: Reclaimed Tudor shutters create the illusion of a window in the entryway. LEFT: Although Kyle, a soil engineer, didn't grow up on a farm, he has always felt at home in the country. TOP: An iron bed from Lucy Rose's grandmother's house now nestles near a picture window in the living room. "It's perhaps one of my most cherished pieces," Lucy Rose says. ABOVE: During the summer months, the Conklins lease a parcel of their land to nearby cattle ranchers.





ABOVE LEFT: Savannah and Lucy Rose catch up on the day's events during a stroll near the fence. ABOVE RIGHT: Caleb grabs a watering can and heads out to tend his garden. "Everyone's outlook has changed since moving to the country," Lucy Rose says. "The kids even look forward to doing their daily outdoor chores!" BELOW: Open shelving made from reclaimed wood paired with painted and unfinished cabinets gives the new kitchen an old soul.







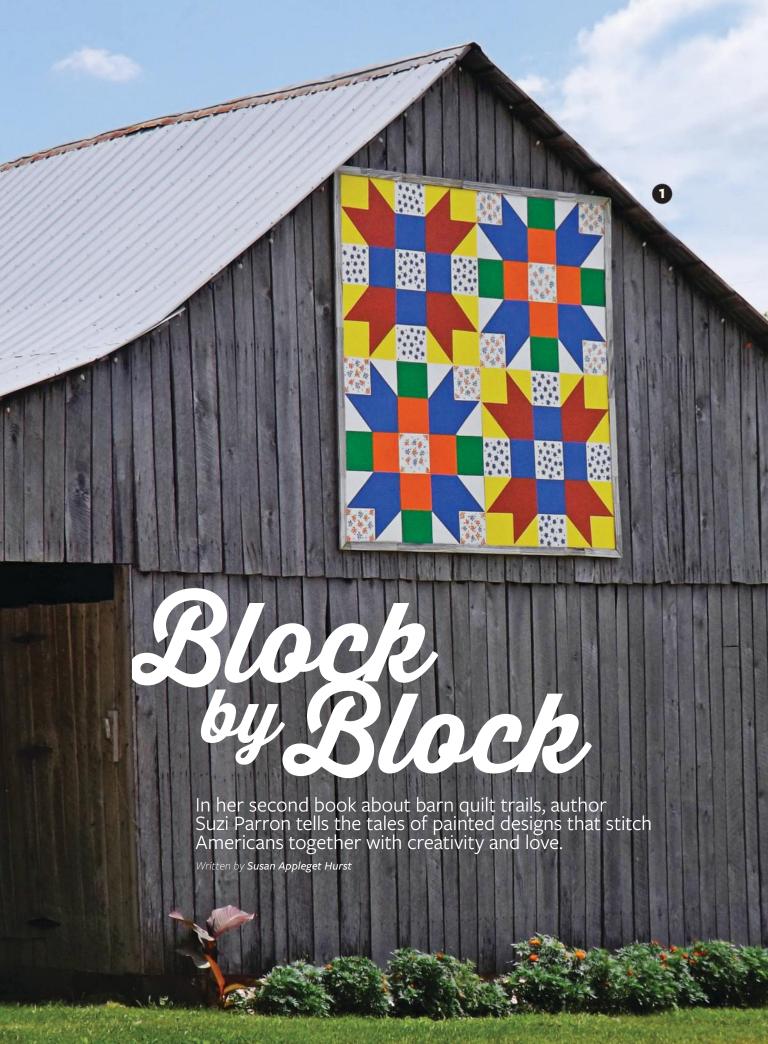






TOP LEFT: Rustic paneled walls, an ornate antique hutch, TOP LEFT: Rustic paneled walls, an ornate antique hutch and industrial-style chairs prove effective (but unlikely) partners in the dining room. TOP RIGHT: Caleb enjoys fishing for trout in the property's manmade pond. ABOVE: Kyle refuels on-site with gasoline stowed in vintage tanks purchased on Craigslist. RIGHT: Massive ceiling beams and a stacked stone fireplace create a powerful presence in the living room.





The American barn quilt trail movement started with a simple promise. Wishing to honor

her mother by painting a quilt on the side of her barn, Donna Sue Groves organized her rural Ohio community to create not one, but 20 colorful barn quilt blocks in 2001. The trail of barn quilts brought her neighbors together, increased tourism, and developed pride in a new form of public art. Author Suzi Parron first documented Donna Sue's story in Barn Quilts and the American Quilt Trail Movement. The lengthening thread of this uniquely American art phenomenon motivated Suzi to take to the road a second time. Her result is Following the Barn Quilt Trail, where she tells the story of traveling the country in a converted bus with her new husband, Glen, and dog, Gracie, all the while collecting





📵 Sisters' Choice quilt in Kentucky 💈 Bear Paw quilt in Washington 🔞 Clark's Star quilt in California 🐠 Tippecanoe quilt in Ohio









1 Mother's Fancy quilt in Kentucky 2 Oak Leaf and Acorn quilt in Pennsylvania 3 Apple Blossom quilt in Montana 4 Carpenter's Star quilt in California 5 Comedy and Tragedy quilt in South Carolina 6 Robbing Peter to Pay Paul quilt in North Carolina

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Author Suzi Parron shares what she has learned about barn quilts on her cross-country journey.

It has taken only 16 years for the barn quilt trail idea to spread to over 40 states and into Canada. Why do you think barn quilts have become so popular? A lot of different reasons contribute to that success. Barn quilts work on so many different levels: pride of place, tourism, public art. When the idea was first developed, Donna Sue Groves was very active in organizing it, and afterward she talked about the Ohio quilt trail with all kinds of people in rural areas, meeting with community groups and even extension agents. As the quilts caught people's eyes and imaginations, others began to ask themselves if they could do it. It's something that even a small group of people can do, and it shows that you can do something to instill pride in a community and bring people together. Part of the initial idea was to only use professional artists in the local communities, but that changed when people realized they could make their own and have fun, too.

How do barn owners decide on their quilt patterns? Many barn owners respond to a local committee that comes up with a collection of designs representative of the region. This way, there is an organized regional connection and less chance of repeated designs. Some owners choose a design based on an heirloom pattern. Family controversy can develop on the question of whether or not to use a block from an old quilt, but barn quilts are one way to display a pattern from a family heirloom. In South Carolina, many barn quilts are created to document cloth quilts, some dating back to the 19th century.

The Louisiana chapter in my new book shows some very unusual quilt blocks designed by a local artist. She created geometric representations of all kinds of things that represent the community. In Canada, some First Nations quilters use traditional iconography in their designs to relate stories of their past. North Carolina artists created a star of socks for a sock factory, and other designs made of gears and saw blades.

What are some of your favorite barn quilt designs? One of the quilt blocks in my new book that really stands out for me is a replica of a 1930s Dresden Plate friendship quilt from Nebraska that had dozens of signatures embroidered on it.

Another that I loved was in my first book. High school art students in Kankakee, Illinois, painted barn quilts with trompe l'oeil techniques so the blocks look like actual fabric. When I first saw one of them, I knew it was painted, but I just had to get under it and look up at it to make sure it really was painted wood.

What are the basic materials needed to make a barn quilt? Most are made with two sheets of exterior-grade plywood or MDO (medium-density overlay) signboard, which make an 8×8-foot square. The boards are primed before painting and may be framed on the back or just screwed directly onto the side of a barn. A barn quilt takes about a gallon of exterior paint, so many barn quiltmakers share paint colors for their projects. At about the 10-year mark most quilts need to be repainted.

How have barn quilts affected the concern for barn preservation? Many barns have been obsolete for years now because new equipment doesn't fit in them. Also, large barns are expensive to maintain, so many of the oldest get torn down. But some owners take care of their old barns as a labor of love. Aside from adding a colorful barn quilt, they sometimes replace the roof or siding, paint the barn, and add a new fence or windows. Neighbors see that and make a few repairs, and others follow as they show pride in their barns, too.

What was the most surprising thing that you came across in your travels? One important thing I discovered was how alike we all really are. Scenery may be unique in different areas, but it's surprising how people in rural Washington State are not really much different than those in rural Tennessee.





Sunshine on a STEM

Sunflowers brighten the summer garden with their cheerful blooms and swaying stems. Discover how to use these beauties in your country landscape.

Written by Karen Weir-Jimerson | Photography by Kim Cornelison





Sunflowers make a big impact in your garden, thanks to plate-size blooms and towering stems. The brilliant

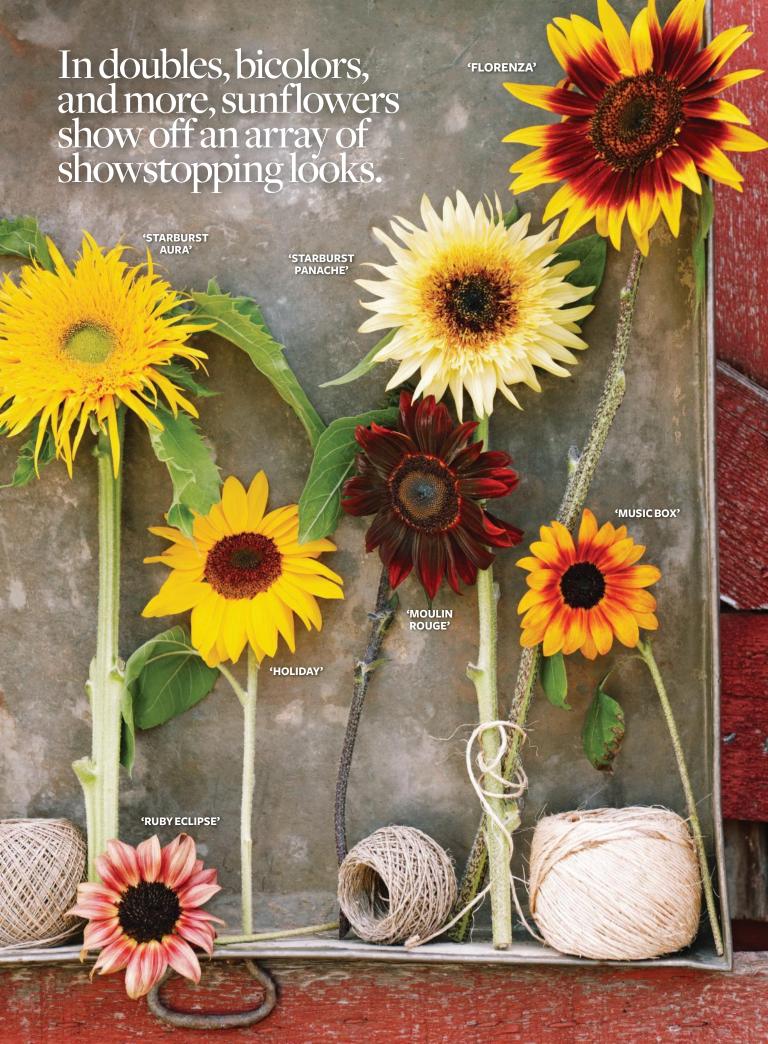
Helianthus, which gets its name from two Greek words: helios (sun) and anthos (flower), has a long history of dazzling garden visitors. Recognized by Native Americans and early settlers as a hardworking, versatile crop, sunflowers made their way from the field to the flowerbed in the early 1800s.

These daisy relatives are inspirational: Vincent van Gogh painted their sunny faces and the Aztecs adorned temples with replicas. They're productive: Sunflower fields produce more than 15.8 million tons of cooking oil worldwide. And they're awe-inspiring: If you've ever driven by a sunflower field, you've probably stopped your car so you didn't wander off the road in wonder.

Sunflowers grow with their sunny heads held high, facing East. When they are young, their flowers actually track the sun's movement (the term that describes this gets its name from the sunflower: heliotropism). Sunflowers are overachievers in the garden, too; tall varieties grow up to 12 feet high. And while the classic sunflower sports petals the color of the sun, plant hybridizers have been working their talents to produce red, pink, white, and bicolor flowers as well. From 'Mammoth' with foot-wide flowers to 1-foot-tall dwarfs, such as 'Sunny Smile', that are small enough to plant in containers, sunflowers come in a height, size, shape, and color to meet every fancy.

For Resources, see page 95.







How to GrowHere's what you need to know about planting sunflowers.

START SEEDS INDOORS

Use grow-lights or a sunny window to start seeds. Sunflower varieties germinate in seven to 10 days. Transfer plants to the garden after your last frost date. Look for a sunny site with at least six hours of sun per day.

SOW IN THE GARDEN

You can also sow seeds directly into your garden. Plant them 1 inch deep and space 1–6 inches apart, depending on the variety. If you're planting the sunflowers for bouquets, sow new rows every two weeks.

MULCH AROUND PLANTS

Add a 2- to 3-inch layer of mulch, such as shredded bark, pine needles, or grass clippings, to conserve soil moisture and discourage weeds.









a Day

Celebrate autumn's top crop with a leisurely stop at your favorite apple orchard this fall.

Written by **Kimber Mitchell** | Photography by **Andre Baranowski**



Few traditions capture fall quite like a stroll through a picturesque apple orchard. As crisp days turn nature's canvas

into brilliant shades of crimson and gold, apple trees laden with spheres of sweetness beckon visitors to these storybook settings that evoke pleasant childhood memories of scenic wagon rides and country markets brimming with homemade jams, jellies, and pies. There's something especially magical about picking your own apples. And at places like Hicks Orchard, the oldest you-pick orchard in New York, the trees are ripe for the picking with a rich medley of varieties ranging

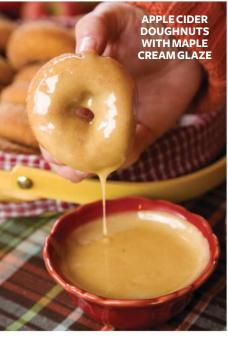
from golden oldies like Pound Sweet to classic favorites like McIntosh. While there's nothing like indulging in a freshly picked apple right off the tree, why not extend the harvest by transforming your pickings into culinary delights you can enjoy throughout the season? Whether the apple of your eye is a warm cup of mulled cider or Grandma's apple pie, this versatile fall fruit adds zest to a host of treats. For some sweet inspiration, check out the recipes on the following pages.

For Resources, see page 95.



Topped with gooey sweet maple glaze, apple cider doughnuts delight sweet tooths of all ages.





Apple Lider Doughnuts with Maple Lream Glaze

PREP 45 minutes RISE 2¼ hours STAND 10 minutes COOK 2 minutes per batch SERVINGS 16

- 31/4 to 33/4 cups all-purpose flour
 - 2 pkg. active dry yeast
 - 1 tsp. apple pie spice
- 1/2 cup sugar
- ½ cup apple cider
- 1/4 cup milk
- 1/4 cup butter
- 1 tsp. salt
- 2 eggs
 - Vegetable oil for deep-fat frying
- 1 recipe Maple Cream Glaze, or cinnamon-sugar
- 1. In a large bowl combine 1½ cups of the flour, the yeast, and apple pie spice. In a medium saucepan heat and stir sugar, cider, milk, butter, and salt just until warm (120°F to 130°F) and the butter almost melts. Add to flour mixture along with eggs. Beat with an electric mixer on low to medium 30 seconds, scraping sides of bowl constantly. Beat on high 3 minutes. Stir in as much of the remaining flour as you can.
- 2. Turn dough out onto a lightly floured surface.

 Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface; cover. Let rise in a warm place until double in size (about 1½ hours).

- **3.** Punch dough down. Turn out onto a lightly floured surface. Divide in half. Cover; let rest for 10 minutes. Line a large baking sheet with waxed paper. Lightly flour waxed paper; set aside.
- 4. Roll each dough half to ½ inch thick. Cut with floured ½-inch doughnut cutter, dipping cutter into flour between cuts and rerolling scraps as necessary. Place cutouts on prepared baking sheet. Cover and let rise in a warm place until light (45 to 60 minutes). Fry doughnuts, two or three at a time, in deep, hot oil (365°F) about 1 minute on each side or until golden, turning once with a slotted spoon. Drain on paper towels.
- Dip tops of cooled doughnuts in Maple Cream Glaze and let stand until set, or dredge in cinnamon-sugar to coat.

PER DOUGHNUT 264 cal., 7 g total fat (2 g sat. fat), 31 mg chol., 184 mg sodium, 46 g carb., 1 g fiber, 25 g sugars, 4 g pro.

MAPLE CREAM GLAZE: In a small bowl stir together one 16 oz. (1 jar) of maple cream (whipped maple syrup) with 1 tsp. water. Microwave on high for 30 to 60 seconds or until mixture is glazing consistency, stirring once.

PER SERVING: 74 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 19 g carb., 0 g fiber, 17 g sugars, 0 g pro.



Ripe with possibilities for baking and cooking, the apple harvest boasts a dazzling array of varieties.

Sweet Pickings

Whether your taste buds crave the tartness of a Honeycrisp or the sweetness of a Red Delicious, there's an apple to please your palate. Here are a few of our favorites.



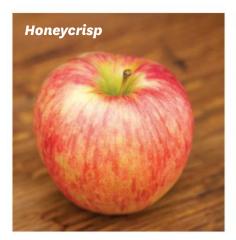
GROWING: This antique golden fruit variety ripens in late September. **COOKING:** Crisp, sweet flesh works well in desserts, especially apple butter.



GROWING: This highly productive classic ripens in late September. **COOKING:** It's more suitable for snacks and salads than baking.



GROWING: It grows vigorously in cool areas and ripens in September. **COOKING:** Tangy, tender flesh peels easily for pies, applesauce, and cider.



GROWING: Good for small spaces, it ripens in early September. **COOKING:** This fruit is good raw or baked into pies and applesauce.



GROWING: Large fruit ripen in late September or early October. **COOKING:** Sweet, spicy apple is great for eating fresh, in salads, or baked.



GROWING: Best in cooler maritime climates, it ripens in mid-September. **COOKING:** Apples are tasty raw and in juice or baked goods such as cobblers.



GROWING: Easy to grow, this variety ripens in mid- to late September. **COOKING:** Very sweet and rich, this apple maintains its shape after baking.



GROWING: This late bloomer thrives in northern locales and ripens in October. **COOKING:** Perfect for pies or fresh eating, the fruit stays firm when baked.



GROWING: Trees produce large crops of green fruit in late September. **COOKING:** Tart and juicy, it's a top pick for pies. Baking brings out its full flavor.



Doughnut-Apple Prisp

PREP 45 minutes BAKE 40 minutes at 375°F **SERVINGS** 12

- 4 medium Northern Spy or Granny Smith apples
- medium Rhode Island Greening or Granny Smith apples
- 2 medium Cortland apples
- 2 medium McIntosh apples
- 1 large lemon
- ½ cup sugar
- 1/3 cup all-purpose flour
- Apple Cider Doughnuts coated in cinnamonsugar (recipe, page 87)
- 5 to 6 Tbsp. butter, softened
- 3/4 cup packed brown sugar
- 1. Preheat oven to 375°F. Peel, core, and cut apples into wedges; halve wedges to smaller than 2 inches. Juice lemon, retaining as much pulp as possible; toss with apples. Sprinkle with sugar and flour; toss until apples are coated. Divide mixture among twelve 6-oz. ramekins or custard cups, filling almost full.
- 2. In the bowl of a stand mixer* crumble doughnuts; add 5 Tbsp. softened butter and the brown sugar.

- With a hook or batter attachment beat until doughnuts reach a crumbly texture that will hold together when squeezed with your hands. Add an additional tablespoon butter if needed to make crumbs stick together.
- 3. With hands, lightly flatten 12 palm-size sections of crumb mixture into rounds no thicker than 1/2 inch. Place a round on apple mixture in each ramekin.
- 4. Place ramekins in a 15×10-inch baking pan. Bake 40 minutes or until filling is bubbly. If necessary, cover with foil to prevent overbrowning. Serve warm.

ONE-DISH VERSION Arrange apples in a 3-qt. rectangular baking dish. Place portions of doughnut crumb mixture on top of apples. Bake for 45 minutes or until filling is bubbly, covering top with foil if necessary to prevent overbrowning.

*TIP Or place doughnuts, butter, and brown sugar in food processor; cover and pulse until mixture forms a crumbly texture that will hold together when squeezed with your hands.

PER SERVING 394 cal., 11 g total fat (5 g sat. fat), 36 mg chol., 163 mg sodium, 72 g carb., 5 g fiber, 50 g sugars, 4 g pro.

Roasted Fall Root Vegetables

PREP 30 minutes ROAST 45 minutes at 400°F SERVINGS 12

- 3 medium beets, peeled
- 1 medium sweet potato, peeled
- 1 medium red onion
- 1 medium parsnip, peeled
- 3 rainbow carrots or carrots, peeled
- 5 baby carrots with tops, scrubbed
- 5 small fingerling potatoes, scrubbed (about 8 oz.)
- 2 to 3 Tbsp. extra virgin olive oil
- ½ tsp. salt
- 1/4 tsp. ground black pepper
- 1 Tbsp. fresh thyme leaves
- 2 cups apple cider
- 1 pumpkin, hollowed (optional)
 Fresh Italian parsley (optional)
- 1. Preheat oven to 400°F. Cut first five ingredients (through rainbow carrots) into ½- to 1-inch chunks or slices. Trim baby carrots, leaving ½-inch stem on each carrot; halve lengthwise. Halve fingerling potatoes lengthwise.
- 2. In a large bowl combine vegetables; toss with enough olive oil to just coat. Toss in salt, pepper, and thyme. Transfer to a 3-qt. rectangular baking dish.
- **3.** Roast, uncovered, 45 to 60 minutes or until vegetables are tender and caramelized, stirring every 15 minutes.
- 4. Meanwhile, for cider glaze, place cider in a medium stainless-steel, enamel, or nonstick heavy saucepan. Bring to boiling; reduce heat. Simmer, uncovered, until cider has a syrupy consistency and is reduced to ½ cup, about 40 minutes.
- **5.** Season vegetables to taste with additional salt and pepper and drizzle with cider glaze. If desired, serve in a pumpkin and sprinkle with parsley.

PER SERVING 92 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 146 mg sodium, 17 g carb., 3 g fiber, 9 g sugars, 1 g pro.

Hot Mulled Lider

SERVINGS 16

- 1 gal. freshly pressed apple cider
- 2 Tbsp. mulling spices Long cinnamon sticks
- 1. Combine cider and mulling spices in a large stainlesssteel, enamel, or nonstick heavy pot. Warm over low heat (do not boil). Pour into cups through a tea strainer to remove spices. Garnish with cinnamon sticks.

PER SERVING (1 CUP) 117 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 31 g carb., 0 g fiber, 26 g sugars, 0 g pro.







Rustic Ice Harvest Spiced Apple Crostata

PREP 40 minutes BAKE 45 minutes at 350°F SERVINGS 8

- 1 recipe Pâte Brisée (see below)
- 5 to 6 Northern Spy apples, sliced 1/4 inch thick (6 to 7 cups)
- 1/2 cup dried cranberries or dried tart cherries
- 1/2 cup golden raisins
- 1 tsp. finely shredded lemon peel
- 2 Tbsp. lemon juice
- 1 cup packed light brown sugar
- 2 Tbsp. all-purpose flour
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg Dash salt
- 3 to 4 Tbsp. butter
- 1/2 cup sliced almonds
- 1 egg, beaten
- 1 Tbsp. water
- 3 Tbsp. Slyboro Ciderhouse Ice Harvest cider Powdered sugar (optional)
 - French vanilla ice cream or whipped cream (optional)
- 1. Prepare Pâte Brisée. While pastry chills, in a large bowl combine apples, dried cranberries, raisins, lemon peel, and lemon juice. In a small bowl combine brown sugar, flour, spices, and salt; add to apples and toss to coat.
- 2. In a large skillet melt 2 Tbsp. butter over mediumlow heat. Add apple mixture; cook, gently turning occasionally, until the sugar begins to caramelize (do not overcook apples; you just want the sugar to blend with the butter and coat the apples). With slotted spoon, return apples to bowl and cool. Stir in almonds.
- 3. Preheat oven to 350°F. On a lightly floured surface, roll about three-fourths of the pastry to a 15-inch circle; transfer to a large parchment-paper-lined baking sheet. Roll remaining pastry and cut small leaves or other decorative shapes.
- 4. Mound the cooled apple mixture into center of pastry round, leaving a 2-inch border. Gently fold the edges of the pastry in toward the center, pleating as necessary. Dot apples with small pieces of remaining butter. In a small bowl combine egg and water; brush onto pastry. Add decorative shapes and brush again.
- **5.** Loosely cover apples and pastry with foil. Bake for 20 minutes. Uncover and bake for 25 to 30 minutes more or until pastry is brown, apples are tender, and filling is bubbly in the center.



6. Serve warm drizzled with several tablespoons of the cider. Dust with powdered sugar, if desired, and serve with ice cream or whipped cream.

PÂTE BRISÉE: In a food processor combine $2\frac{1}{2}$ cups all-purpose flour, 1 tsp. salt, and 1 tsp. sugar; pulse to combine. Add 1 cup cold butter, cut into chunks, and 2 Tbsp. shortening. Pulse until mixture forms coarse crumbs. Slowly add $\frac{1}{4}$ to $\frac{1}{3}$ cup ice-cold water, processing just until mixture forms a ball (do not overprocess). Wrap in plastic wrap and chill 30 minutes.

PER SERVING 620 cal., 32 g total fat (18 g sat. fat), 96 mg chol., 529 mg sodium, 80 g carb., 6 g fiber, 40 g sugars, 7 g pro.

Lemon-Lider Spritzer

$\mathbf{SERVINGS}\ 1$

ce

Juice from one lemon (2 Tbsp.)

¹/₄ cup seltzer water

Fresh apple cider

Lemon slices

1. Fill a tall glass with ice. Pour in lemon juice and seltzer water. Fill the glass with fresh cider. Adjust lemon juice to taste. Garnish with lemon.

PER SERVING (1 CUP) 67 cal., 0 g fat, 0 mg chol., 16 mg sodium, 17 g carb., 1 g fiber, 14 g sugars, 0 g pro.



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Resources

Find more information about the professionals and products featured in this issue.

Q&A

PAGES 8-9

For more information about Renee's Garden, visit reneesgarden.com.

Pets: Raising Rabbits

PAGES 14-15

Best Friends Animal Society—5001 Angel Canyon Rd., Kanab, UT 84741; 435/644-2001; bestfriends.org.

For more information about rabbits, consider:

The House Rabbit Society; rabbit.org. The Rabbit-Raising Problem Solver: Your Questions Answered About Housing, Feeding, Behavior, Health Care, Breeding and Kindling by Karen Patry; Storey Publishing; 2014; 328 pages.

Seasonal Decor: Welcome Fall

PAGES 16-19

18-foot Natural Grapevine Garland—Hobby Lobby; hobbylobby.com.

Collecting: Vintage Treasures

Interior designer—Jill Gordon Interior Design, Westport, Connecticut, and New York City; 917/670-0308; jillgordoninteriordesign.com.

Architect—John Priestley, Priestley + Associates Architecture, 23 Central St., P.O. Box 424, Rockport, ME 04856; 207/236-7745 and 617/936-0303; ppaarch.com. Builder—Chad Reed, formerly with Arnold Reed Builder, Jefferson, Maine; 207/462-5924; creed2140@gmail.com.

Landscaping: Plant Your Own Backyard Orchard

PAGES 30-33

Recommended fruit varieties include:

Apples—WineCrisp, Enterprise, Freedom, Liberty, Discovery, Jonagold, McIntosh Peaches—Elberta, Hale's Early, Duke of York,

Sunhaven, Red Haven, Rochester, Golden Jubilee, Redwing

Pears—Blake's Pride, Shenandoah, Seckel, Kieffer, Beth, Catillac, Concorde, Harrow Cherries—Sweet: Lapins, Stella, Summer Sun, Sunburst, Emperor Francis, Windsor. Sour: North Star, Montmorency, Morello, Meteor

Sources for fruit trees include:

Stark Bro's Nurseries & Orchards Co.: 800/325-4180; starkbros.com. Raintree Nursery; 800/391-8892; raintreenursery.com. Trees of Antiquity; 805/467-9909; treesofantiquity.com. Fedco Seeds; 207/426-9900; fedcoseeds.com. For more about Lee Reich, visit leereich.com

Grow Fruit Naturally: A Hands-On Guide to Luscious, Homegrown Fruit by Lee Reich; Taunton Press; 2012; 232 pages. Landscaping with Fruit: Strawberry Groundcovers, Blueberry Hedges, Grape Arbors, and 39 Other Luscious Fruits to Make Your Yard an Edible Paradise by Lee Reich; Storey Publishing; 2009; 192 pages.

Entrepreneurs: A Handpicked Life PAGES 38-41

Global Gardens—2450 Alamo Pintado Rd., Solvang, CA 93463; 800/307-0447; globalgardensonline.com.

Change of Pace

PAGES 42-53

Peaceful River Farm—Chapel Hill, North Carolina; peacefulriver.farm.

Beekeeping Basics

PAGES 54-61

Extractor kit Easy Extractor Combo HH-162, medium frames 6½-inch Assembled Frames with Natural Waxed Rite-Cell WW-920, deep frames 91/8-inch Assembled Frames with Natural Waxed Rite-Cell WW-900, hat Vented Helmet White CL-135, veil Round Veil with Elastic CL-121, **gloves** Economy Vented Leather Glove CL-167, **smoker** 4×7-inch Smoker with Guard and Wood Bellow HD-556, tool 9½-inch Hive Tool HD-588, brush Bee Brush HD-660—Mann Lake, Ltd., 501 1st St. S, Hackensack, MN 56452; 800/880-7694; mannlakeltd.com. (Note: Other retail stores

Texas. See website for more information.) For more information about beekeeping,

are located in California, Pennsylvania, and

American Beekeeping Federation, 3525 Piedmont Rd., Bldg. 5, Suite 300, Atlanta, GA 30305; 404/760-2875; abfnet.org. American Honey Producers; americanhoneyproducers.org. National Honey Board, 11409 Business Park Cir., Suite 210, Firestone, CO 80504; 303/776-2337; honey.com.

Planting Their Roots

PAGES 62-71

Architect: Matt Faure, Faure Halvorsen Architects, 1425 W. Main St., Suite A, Bozeman, MT 59715; 406/587-1204; fharchitects.com. Interior designer: Jenn Medoff, Dragonfly Designs, Longmont, Colorado; 970/218-4006; dragonfly-info.com.

Builder: Dan Fuller, Haley Custom Homes, 5211 S. Quebec St., Greenwood Village, CO 80111; 303/601-9446; haleycustomhomes.com. Entry: "Hello" sign—Laney Johnson;

etsy.com/shop/pineandbirchky. Table homeowners' collection.

Kitchen: Pendant lighting—Shades of Light; shadesoflight.com. "Farmer's Market" sign—Curtis Creation; curtiscreation.com.

Upper and lower cabinetry, countertops-William Ohs, Inc.; wmohs.com. Island cabinetry—Haley Custom Homes; haleycustomhomes.com. Range—BlueStar; bluestarcooking.com. **Hood**—Raw Urth Designs; rawurth.com. Chairs—Antique Farm House, Inc.; antiquefarmhouse.com. Mason

jars—Save-On-Crafts; save-on-crafts.com. Curtains, enamelware, scales, chicken feeder—homeowners' collection.

Pantry: "Farm Fresh" sign—Decor Steals; decorsteals.com. Cabinetry—William Ohs, Inc.; wmohs.com. Mugs, mug holder— Painted Fox Home; paintedfoxhome.com.

White dishware, paintings, bookshomeowners' collection.

Dining room: Chandeliers—Restoration Hardware, Inc.; restorationhardware.com. **Painting**—Elliott Yeary Gallery; *elliottyeary* .com. Table, china dishes, hutch homeowners' collection.

Living Room: Floral sofa—Rachel Ashwell Shabby Chic Couture; shabbychic.com. Leather sofa—Anthropologie; anthropologie .com. "Birdie" sign—etsy.com.

Sunshine on a Stem

PAGES 76-83

Sources for sunflowers include:

Johnny's Selected Seeds; 877/564-6697; johnnyseeds.com.

Park Seed Co.; 800/845-3369; parkseed.com. Pinetree Garden Seeds; 207/926-3400; superseeds.com.

Renee's Garden; reneesgarden.com. W. Atlee Burpee & Co.; 800/888-1447; burpee.com.

An Apple a Day

PAGES 84-93

Hicks Orchard—18 Hicks Rd., Granville, NY 12832; 518/642-1788; hicksorchard.com.

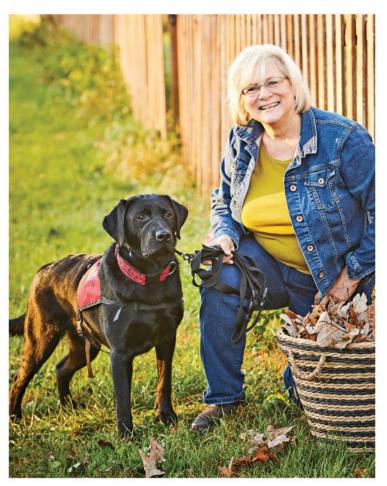
Inspirations

Puppy Jake Foundation—3101 104th St., #2, Urbandale, IA 50322; 515/777-2837; puppyjakefoundation.org.

A Veteran's Best Friend

Lorraine Bailey works each day to thank military veterans. She trains service dogs who help veterans cope with life after serving in a war zone.

Written by Marie McCartan | Photography by Carson Downing



Clarence and Merle greet guests with excited barks; Bob and Jack mind their manners.

The four pups are part of the welcome crew at Hedgeapple Farm, where Lorraine Bailey trains and fosters dogs for the Puppy Jake Foundation, a nonprofit organization that provides service dogs for wounded military veterans. Bob, a fox red Labrador retriever, and Jack, a black Lab, are Puppy Jake Foundation dogs being fostered by Lorraine and her family. Clarence and Merle are frisky pooches owned by the Baileys.

A DESIRE TO HELP

"I've always wanted to raise and train a service dog," Lorraine says. But most of the programs she researched over the years were outside her home state of Iowa. With two part-time jobs and eight home-schooled children, Lorraine couldn't make that work. Years passed. The older kids grew up and moved out, and son Evan joined the Army.

About four years ago, Lorraine did a Google search and discovered a new program, the Puppy Jake Foundation, just 30 miles away in Des Moines. With only two at-home daughters, the timing seemed right for Lorraine and her husband, Scott.

RIGOROUS TRAINING

Training a service dog takes 18 to 24 months. The dog lives with the foster family and goes everywhere with them. The dogs are trained to assist veterans with post-traumatic stress disorder (PTSD) and mobility impairments. They may be trained to block (to go between a stranger and a veteran), watch, interrupt flashbacks, and navigate crowds.

"Basically we're asking dogs to not be dogs when out in public. About half of the dogs who go through the program don't make it," Lorraine says. "We tailor the training for what the veteran needs." A service dog can be trained to turn on a light; pick up a pen, credit card, or cell phone; or even open a door.

"A dog can do a search of a room to make sure everything is OK before a veteran enters," Lorraine says. The dog can watch for people behind the vet, and when a veteran needs soothing, the dog is trained to put its front paws on the vet's shoulders (in a doggie hug) or to put its head on the vet's lap.

Renee Jetter, owner of Canine Craze in Urbandale, Iowa, and a lead trainer with the Puppy Jake Foundation, oversees Lorraine and her dogs during the training periods. When Lorraine finishes training Bob and Jack, they will move on and live with their vets. Jetter will continue to meet regularly with each veteran and dog for two years, then the Puppy Jake Foundation transfers ownership to each veteran.

Thanks to the program, a veteran who wouldn't go out in public becomes able to engage in conversation, go to kids' school events, and laugh, all because of the service dog. That's what inspires Lorraine to stay involved with the program. "As a mother, I'm doing this to help another mother's child. As a wife, I'm doing it to help another wife's husband. We're helping a whole family heal," Lorraine says.

For Resources, see page 95.



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